

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00-10:00am barreEFFECT
2 9:15-10:15am *FREE YOGA CLASS*	3 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	4 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	5 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT	6 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	7 9:30-10:30am cardioBARRE 6 – 8pm MOM'S NIGHT OUT <i>collab w/ Central Mass Mom</i>	8 9:00-10:00am barreEFFECT
9 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	10 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	11 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	12 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	13 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	14 9:30-10:30am cardioBARRE 6 – 7pm SPA YOGA restorative flow	15 9:00-10:00am barreEFFECT
16 9:15-10:15am Rise & Flow Yoga	17 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	18 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	19 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	20 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	21 9:30-10:30am cardioBARRE	22 9:00-10:00am barreEFFECT
23 8 – 9am barreEFFECT <hr/> 30 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	24 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	25 5:30-6:15pm pilatesREMIX 6:30-7:45m Candlelight Yoga	26 9:30-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	27 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Vinyasa Flow Yoga	28 9:30-10:30am cardioBARRE	29 9:00-10:00am barreEFFECT

198 WORCESTER ST STE 3
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***** NEW MEMBER TRIAL 3/\$30 *****