



NOVEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PILATES CHAIR / 1:1 TRAINING Private & duet sessions available Contact us to get started ☺	*MAMA STRONG* 6-WEEK SERIES \$99 11/2 – 12/18 (no class 11/27) <i>Single class drop-ins may be available</i>	>>NEW SERIES<< *beFIT* Sculpt x HIIT Small group training 4 sessions/\$79 11/8, 15, 29 & 12/6				1 8-8:45am beBASICS* 9:00-10:00am barreEFFECT
2 9:15-10:15am Rise & Flow Yoga	3 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	4 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	5 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	6 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	7 9:15-10:15am cardioBARRE	8 8-8:45am beBASICS* 9:00-10:00am barreEFFECT 10:30-11:15am beFIT: Sculpt x HIIT*
9 9:15-10:15am Rise & Flow Yoga	10 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	11 VETERAN'S DAY 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	12 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	13 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga: Life of a Showgirl	14 9:15-10:15am cardioBARRE	15 9:00-10:00am barreEFFECT 10:30-11:15am beFIT: Sculpt x HIIT*
16 9:15-10:15am Rise & Flow Yoga	17 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm pilatesREMIX	18 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Gratitude Flow by Candlelight (yoga)	19 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	20 9:15-10am beSTRENGTH 10:15-11:00am MAMA STRONG* 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	21 9:15-10:15am cardioBARRE	22 9:00-10:00am barreEFFECT 10:15-11am *CHARITY CLASS* beSTRENGTH FREE ENTRY WITH DONATION <i>For UMASS Child Life Center</i>
23 9:15-10:15am SAGITTARIUS SEASON YOGA: Adventure x Curiosity 30 9:15-10:15am Rise & Flow Yoga	24 9:15-10:15am barreEFFECT 5:15-6:05pm barreCORE 6:15-7pm Gratitude Glow & Flow (pilates)	25 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	26 9:15-10:15am barreCORE	27 THANKSGIVING 9 – 10AM 9th Annual TURKEY BURN 	28 10 – 11am barreDETOX <i>*time change this day only</i>	29 9:00-10:00am barreEFFECT 10:30-11:15am beFIT: Sculpt x HIIT*

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NEW MEMBER TRIAL
3 CLASSES/\$35
 Learn to ♥ the burn!

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www.barreeffect.com
Schedule subject to change