



SEPTEMBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SCHEDULE ENHANCEMENTS NOTED IN BOLD PRINT		1 9:15-10am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	2 9:15-10:15am barreCORE 5:30 – 6:20pm barreEFFECT 6:30-7:15pm STRETCH x FLOW	3 9:15-10am barreXPRESS 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	4 9:15-10:15am cardioBARRE	5 9:00-10:00am barreEFFECT
6 9:15-10:15am Rise & Flow Yoga	7 LABOR DAY 9:15-10:15am barreEFFECT	8 9:15-10am pilatesEFFECT 10:15-11am SCULPT x BURN 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	9 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	10 9:15-10am barreXPRESS 10:15-11am SCULPT x BURN 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	11 9:15-10:15am cardioBARRE 5:15-6pm beBASICS: Intro to Barre*	12 9:00-10:00am barreEFFECT
13 9:15-10am Rise & Flow Yoga	14 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	15 9:15-10am pilatesEFFECT 10:15-11am SCULPT x BURN 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	16 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30-7:15pm beSTRENGTH	17 9:15-10am barreXPRESS 10:15-11am SCULPT x BURN 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	18 9:15-10:15am cardioBARRE 5:15-6pm beBASICS: Intro to Barre*	19 9:00-10:00am barreEFFECT
20 8:15-9am beSTRENGTH x Stretch 9:15-10:15am Rise & Flow Yoga	21 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	22 1 st Day of Fall 9:15-10am pilatesEFFECT 10:15-11am SCULPT x BURN 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	23 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	24 9:15-10am barreXPRESS 10:15-11am SCULPT x BURN 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength PILATES	25 9:15-10:15am cardioBARRE 5:15-6pm beBASICS: Intro to Barre*	26 9:00-10:00am barreEFFECT
27 9:15-10:15am LIBRA SEASON YOGA: Peace x Balance	28 9:15-10:15am barreEFFECT 5:15-6pm barreXPRESS 6:15-7pm pilatesREMIX	29 9:15-10am pilatesEFFECT 10:15-11am SCULPT x BURN 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	30 9:15-10:10am barreCORE 10:15-11am MAMA STRONG* 5:30 – 6:20pm barreEFFECT 6:30-7:15pm beSTRENGTH	*SERIES* LITTLE YOGI'S: Preschool Yoga TUES, 4:15-5PM 9/8 – 29 Register via Little Roots Yoga	*SERIES* MAMA STRONG WED, 10:15-11am 9/9 – 30 Register via MINDBODY thru 9/4	*SERIES* beBASICS: Intro to Barre FRI, 5:15-6PM 9/11 – 10/2 Register via MINDBODY thru 9/8

NEW MEMBER TRIAL

3 CLASSES/\$39

Learn to ♥ the burn!

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Schedule subject to change