

# OCTOBER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 9:30-10:30am barreEFFECT  5 – 5:45pm *TEEN FIT SERIES* 6 – 7pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	3 9:30-10:30am barreCORE  5:30–6:20pm beSCULPT & Stretch  6:30–7:30pm Xen Strength Yoga	4 9:30-10:30am cardioBARRE	5 9:00-10:00am barreEFFECT
6 8 – 9am barreCORE  9:15-10:15am Rise & Flow Yoga	7 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesREMIX 7:15-8pm barreXPRESS	8 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	9 9:30-10:30am barreEFFECT  5 – 5:45pm *TEEN FIT SERIES* 6 – 7pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	10 9:30-10:30am pilatesREMIX  5:30–6:20pm beSCULPT & Stretch  6:30–7:30pm Xen Strength Yoga	11 9:30-10:30am cardioBARRE	12 9:00-10:00am barreEFFECT
13 8 – 9am barreEFFECT  9:15-10:15am Rise & Flow Yoga	14 COLUMBUS DAY 9:30-10:25am barreESQUE	15 <b>HAPPY 7<sup>TH</sup> BIRTHDAY TO US!</b>  5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	16 9:30-10:30am barreEFFECT 5 – 5:45pm *TEEN FIT SERIES* 6 – 7pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	17 9:30-10:30am barreCORE  5:30–6:20pm beSCULPT & Stretch  6:30–7:30pm Power Yoga	18 9:30-10:30am cardioBARRE  6 – 7pm <b>SPA YOGA: restorative flow</b>	19 9:00-10:00am barreEFFECT
20 8 – 9am barreEFFECT  9:15-10:15am Rise & Flow Yoga	21 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesREMIX 7:15-8pm barreXPRESS	22 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	23 9:30-10:30am barreEFFECT  5 – 5:45pm *TEEN FIT SERIES* 6 – 7pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	24 9:30-10:30am pilatesREMIX  5:30–6:20pm beSCULPT & Stretch  6:30–7:30pm Xen Strength Yoga	25 9:30-10:30am cardioBARRE	26 9:00-10:00am barreEFFECT
27 8 – 9am Pilates Strength & Stretch  9:15-10:15am Rise & Flow Yoga	28 9:30-10:25am barreESQUE 10:30-11:15am MAMA STRONG 6:15-7:10pm pilatesREMIX 7:15-8pm barreXPRESS	29 5:30-6:15pm pilatesEFFECT 6:30–7:30pm Candlelight Yoga	30 9:30-10:30am barreEFFECT  6 – 7pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	31 HALLOWEEN 9:30-10:30am barreCORE  		*Schedule subject to change

**MAMA STRONG**  
4-weeks series  
10/7-11/4

**198 WORCESTER ST STE 3**  
**GRAFTON, MA 01536**  
[www.BarreEffect.com](http://www.BarreEffect.com)

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