



FEBRUARY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*NEW* 4-week sessions → → →</p> <p>See website to register</p>	<p>MAMA STRONG 2/3 – 24</p> <p>~6wks to 12-mo post-partum</p>	<p>beBASICS: INTRO TO BARRE & PILATES 2/5 - 26</p>	<p>YOGA FOR BEGINNERS 2/8 – 3/1</p>	<p>beBASICS 2.0: Sculpt with Props 2/24 – 3/17</p> <p>pre-requisite: beBASICS series 1</p>		<p>1</p> <p>9:00-10:00am barreEFFECT</p>
<p>2</p> <p>8:15 – 9am Pilates Strength & Stretch</p> <p>9:15-10:15am Rise & Flow Yoga</p>	<p>3</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15 – 6pm beBASICS*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>4</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>5</p> <p>9:30-10:30am barreEFFECT</p> <p>5-5:45pm beBASICS*</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>6</p> <p>9:30-10:30am barreCORE</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>7</p> <p>9:30-10:30am cardioBARRE</p>	<p>8</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am Yoga for Beginners*</p>
<p>9</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am OPEN HEARTS YOGA FOR SELF LOVE </p>	<p>10</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15 – 6pm beBASICS*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>11</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>12</p> <p>9:30-10:30am barreEFFECT</p> <p>5-5:45pm beBASICS*</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>13</p> <p>9:30-10:30am barreCORE</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>14 VALENTINE'S DAY</p> <p>9:30-10:30am cardioBARRE</p>	<p>15</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am Yoga for Beginners*</p>
<p>16</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise & Flow Yoga</p>	<p>17 PRESIDENT'S DAY</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6pm beBASICS*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>18</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>19</p> <p>9:30-10:30am barreEFFECT</p> <p>5-5:45pm beBASICS*</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>20</p> <p>9:30-10:30am barreCORE</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>21</p> <p>9:30-10:30am cardioBARRE</p>	<p>22</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am Yoga for Beginners*</p>
<p>23</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise & Flow Yoga</p>	<p>24</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6pm beBASICS 2.0*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>25</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>26</p> <p>9:30-10:30am barreEFFECT</p> <p>5-5:45pm beBASICS*</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>27</p> <p>9:30-10:30am barreCORE</p> <p>5:30-6:20pm beSCULPT & Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>28</p> <p>9:30-10:30am cardioBARRE</p> <p>6 – 7:30pm *SPA YOGA* Restorative Event <i>(separate fee applies)</i></p>	<p>3/1</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30 – 11:15am Yoga for Beginners*</p>

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NEW MEMBER TRIAL
3 classes \$35

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