



JANUARY CLASS SCHEDULE

Begins January 2, 2019 www.vault.fit info@vault.fit 561-483-4160

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am Vibe Ride Laura	6am Tread & TRX Stefanie	6am Ripped Ride Stefanie	6am Tread & Shred Sara	6am Vibe Ride Stefanie	730am Tread & Shred Danielle
7am Pilates App Laura	7am NEW Pilates Reformer Katie	7am Pilates App Jen	7am Pilates Apparatus Danielle	7am Pilates Apparatus Jen	830am Fight Fit Boxing Romero
830am Barre Stick Laura	730am Vinyasa Yoga Robert	830am Vault Barre Laura	730am Vinyasa Yoga Alexis	830am Triple Threat Stacey	830am Pilates Apparatus Danielle
830am Ride & Shred Jen	830am Pilates Mat Danielle	830am Tread & Shred Danielle	830am Pilates Mat Danielle	830am Pilates Reformer Erin	830am Vinyasa Yoga Alexis
830am Reformer Erin	830am Tramp Camp Stacey	830am Small Group Training Jen	830am Tramp Camp Stacey	830am Vibe Ride Kelly	930am Ripped Ride Jaime / Jen
830am Vinyasa Yoga Rachel Bash	930am Triple Threat Stacey	830am NEW Reformer Jen	930am Pilates Apparatus Heather	830am Vinyasa Yoga Alexis	930am Vault Barre Stefanie
930am Small Group Training Jen	930am Vibe Ride Sara	930am Ripped Ride Jen	930am Ripped Ride Jen	930am Bootcamp Jen	930am Pilates Apparatus Danielle
930am Fight Fit Box Romero	930am Pilates Apparatus Katie	930am NEW Fight Fit Box Romero (Starts 12/26)	930am Vinyasa Yoga Amanda	930am Hot Tone Sculpt Stacey	930am TRX Yoga Alexis
930am Pilates Mat Laura	935am Barre Danielle	930am Pilates Apparatus Laura	935am Vault Barre Danielle	930am Pilates Tower Jen	1030am Vinyasa Yoga Marisa
930am NEW Reformer Erin	1035am TRX Fusion Danielle	930am Vinyasa Yoga Alexis	1030am Yin Yoga Amanda	1035am Vinyasa Yoga Jessica	1030am Adv Pilates Apparatus Danielle
1030am TRX Yoga Alexis	1035am Vinyasa Yoga Alexis	1030am Yin Yoga Robert	1035am TRX Fusion Danielle	1035am Vault Barre Kelly	
1030am Barre Stick Laura	1130am Adv Pilates Apparatus Jen	1030am NEW Barre Stick Laura	1130am Adv Pilates Apparatus Tanya	1230pm Adv Pilates Apparatus Jen	
1130am Adv Pilates Apparatus Tanya	1230pm Yin Yoga Robert	1230pm Adv Pilates Apparatus Heather	1230pm Vinyasa Yoga Jessica		Sunday
1230pm Adv Pilates Apparatus Stefanie					9am Pilates Mat Heather
4pm Fit Kids Wendi					9am Tramp Camp Stacey
5pm Teen Hip Hop Mizfit					9am Ride/Run/Shred Stefanie
530pm TRX Fusion Danielle	530pm Barre Heather	4pm Fit Kids Hip Hop Mizfit	5pm Teen Hip Hop Mizfit	430pm Fit Kids Boxing Romero	10am Vault Barre Ginelle
6pm Vinyasa Yoga Marjorie	530pm NEW Pilates Apparatus Lexi	530pm TRX Fusion Fabiana	530pm Pilates Apparatus Lexi		10am Pilates Apparatus Heather
530pm Reformer Katie	6pm Vinyasa Yoga Debbie Wolff	6pm Vinyasa Yoga Robert	530pm Vault Barre Stefanie		10am Vinyasa Yoga Jessica
630pm Reformer Danielle	630pm Tread & Shred Heather	630pm Pilates Apparatus Katie	630pm Vinyasa Yoga Valerie		11am NEW Adv Pilates App Heather