



SEPTEMBER CLASS SCHEDULE

Begins Sept 9 2019 www.vault.fit info@vault.fit 561-483-4160

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am # Laura	6am Tread & Shred Danielle	6am # Laura	6am Tread & Shred Alex	6am # Stefanie	730am Tread & Shred Danielle
7am Pilates Apparatus Laura	7am Pilates Apparatus Danielle/ Lexi	6am NEW Vault Barre Stef		7am Pilates Apparatus Jen	830am Fight Fit Boxing Romero
830am Barre Stick Laura	730am Vinyasa Shelsea	7am Pilates App Jen	730am Vinyasa Laura	830am Triple Threat Stacey	830am Pilates Apparatus Danielle
830am Reformer Erin	830am NEW Reformer Erin	830am Vault Barre Laura		830am Pilates Apparatus Erin	830am Vinyasa Yoga Alexis
830am Vinyasa Yoga April	830am Pilates Mat Danielle	830am Tread & Shred Danielle	830am Tramp Camp Stacey	830am Vinyasa Yoga Alexis	930am # Alex
930am # & Shred Jen Lodge	830am Tramp Camp Stacey	830am Small Group Training Jen Lodge	930am Pilates Apparatus Heather	830am NEW # e Tread Shred Danielle	930am Vault Barre Stefanie
930am Fight Fit Box Romero	930am Triple Threat Stacey	830am Reformer Jen	930am # Jen Lodge	930am Bootcamp Jen Lodge	930am Pilates Apparatus Danielle
930am Pilates Mat Laura	930am Pilates Apparatus Katie	930am # Jen Lodge	930am Vinyasa Yoga Amanda	930am Hot Tone Sculpt Stacey	930am TRX Yoga Alexis
930am Pilates Apparatus Erin	930am Cycle/Tread/Shred K Lodge	930am Fight Fit Box Romero	935am Vault Barre Danielle	930am Pilates Tower Jen	1030am Vinyasa Yoga Marisa
1030am TRX Yoga Alexis	935am Barre Danielle	930am Pilates Apparatus Laura	1030am Yin Yoga Amanda	1035am Vinyasa Yoga Jessica	1030am Adv Pilates Apparatus Danielle
1030am Barre Stick V	1035am TRX Fusion Danielle	930am Vinyasa Yoga Alexis	1035am TRX Danielle	1035am Vault Barre Kelly	1030am Fit Kids Hip Hop
1130am Adv Pilates Apparatus Tanya	1035am Vinyasa Yoga Alexis	1030am Yin Yoga Robert	1130am Adv Pilates Apparatus Tanya	1230pm Adv Pilates Apparatus Jen	
1230pm Adv Pilates Apparatus Stefanie	1130am Adv Pilates Apparatus Erin	1030am NEW Hip Hop Fitness Seth	1230pm Vinyasa Yoga Heather		Sunday
	1230pm Yin Yoga Robert	1230pm Adv Pilates Apparatus Heather			9am Pilates Mat Heather
4pm Fit Kids Yoga	1230pm Adv Pilates Apparatus Stefanie		430pm Fit Kids Bootcamp		9am Fight Fit Boxing Romero
530pm Teen Hip Hop	430pm Fit Kids Bootcamp	430pm Fit Kids Hip Hop	530pm Teen Bootcamp		9am # u o Stef
	530pm NEW Cycle Alex			430pm Fit Kid/Teen Boxing	10am Vault Barre Vault Team
530pm NEW TRX Fusion Alex	530pm NEW Pilates Apparatus Stef	530pm NEW Pilates Apparatus Katie	530pm Pilates Apparatus Lexi		10am Pilates Apparatus Heather
530pm Reformer Katie	530pm Barre Shelsea	530pm NEW Tramp Camp Alex	530pm Vault Barre M		10am Vinyasa Yoga Jessica
630pm Vinyasa Yoga Laura	630pm Vinyasa Yoga Shelsea	630pm NEW YIN Yoga Valerie	630pm Vinyasa Yoga Shelsea		11am Adv Pilates App Heather