



# MARCH CLASS SCHEDULE

[www.vault.fit](http://www.vault.fit) [info@vault.fit](mailto:info@vault.fit) 561-483-4160

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am # Laura	6am Tread & Shred Stef	6am # Laura	6am Tread & Shred Alex	6am # Stefanie	730am Tread & Shred Danielle
7am Pilates Apparatus Laura 730am Pilates App Stef/Erin	7am Pilates Apparatus Jen	6am Vault Barre Stef	730am Vinyasa Laura	7am Pilates Apparatus Kelly	830am Tramp Camp Alex
830am Barre Stick Laura	730am Vinyasa Laura	7am Pilates Apparatus Jen		830am Bootcamp Stacey	830am Pilates Apparatus Danielle
830am Reformer Erin	830am Pilates Apparatus Erin	830am Vault Barre Laura	830am Reformer Louis	830am Pilates Apparatus Erin	830am Vinyasa Yoga Alexis
830am Vinyasa Yoga Hanna	830am Pilates Mat Louis	830am Tread & Shred Danielle	830am Tramp Camp Stacey	830am Vinyasa Yoga Alexis	930am # Alex
935am Cardio & Shred Jen Lodge	830am Tramp Camp Stacey	830am Small Group Training Jen Lodge	930am Pilates Apparatus Heather	930am Bootcamp Jen Lodge	930am Vault Barre Stefanie
930am Fight Fit Box Romero	930am Bootcamp Stacey	830am Reformer Jen	935am # Jen Lodge	930am Hot Tone Sculpt Stacey	930am Reformer Danielle
930am Pilates Mat Laura	930am Reformer Katie	930am Reformer Laura	930am Vinyasa Yoga Amanda	930am Reformer/ Tower Heather & Danielle	930am TRX Yoga Alexis
930am Reformer Erin	935am Cardio & Shred Jen Lodge	930am Fight Fit Box Romero	935am Vault Barre Louis	1030am Tread & Shred Jen Lodge	1030am Vinyasa Yoga Marisa
<b>1030am NEW Tower Lisa Berger</b>	935am Barre Louis	930am Vinyasa Yoga Alexis	1030am Yin Yoga Amanda	1030am Reformer Jen	1030am Adv Pilates Apparatus Danielle
1030am Barre Stick V	1035am TRX Fusion Louis	1030am TRX Yoga Alexis	1030am Pilates Chair Louis	1035am Vinyasa Yoga Jessica	12pm Pilates Apparatus Lisa Berger
1030am Vinyasa Yoga Heather Osborne	1035am Vinyasa Yoga Alexis	1030am Vault Barre Stick Danielle	1035am TRX Danielle	1035am Vault Barre Kelly	<b>Sunday</b>
1130am Adv Pilates Apparatus Tanya	1030am Tower Tanya	1130am Adv Pilates Danielle	1130am Adv Tower & Reformer Tanya/ Roberta	1130am Adv Pilates Danielle	9am Cycle & Shred Stef
1230pm Adv Pilates Apparatus Heather	1130am Pilates Apparatus Lisa	1230pm Adv Pilates Tower Heather	1230pm Vinyasa Yoga Heather Osborne	1230pm Adv Pilates Tower Jen	9am Pilates Mat Heather
1230pm YIN Yoga Heather Osborne	1230pm Adv Pilates Apparatus Roberta				9am Fight Fit Boxing Romero
<b>4pm Fit Kids Yoga Wendi</b>		<b>430pm Fit Kids Hip Hop Mizfit</b>	<b>430pm Fit Kids Bootcamp Alex</b>		10am Vault Barre Heather
<b>5pm Teen Hip Hop Mizfit</b>		<b>530pm Teen Hip Hop Mizfit</b>	<b>530pm Teen Bootcamp Alex</b>	<b>4pm NEW Fit Kid Boxing Romero</b>	10am Pilates Apparatus Heather
530pm TRX Fusion Alex	530pm Pilates Apparatus Johnny	530pm Pilates Apparatus Rpberta	530pm Pilates Apparatus Heather	<b>5pm NEW Fit Teen Boxing Romero</b>	10am Vinyasa Yoga Jessica
530pm Reformer Katie	530pm Barre Kelly	530pm Tramp Camp Alex	530pm Vault Barre Nina		11am Adv Pilates App Heather
630pm Vinyasa Yoga Alex	630pm Vinyasa Yoga Laura	630pm YIN Yoga Miyoko	630pm Vinyasa Yoga Sara		<b>4pm NEW HOT Vinyasa Yoga Heather Osborne (75 min)</b>

Please book in advance to reserve a spot in class. Please cancel within 12 hours to avoid \$20 cancellation fee.