



SEPT 2021 VAULT FITNESS

[WWW.VAULT.FIT](http://WWW.VAULT.FIT) [INFO@VAULT.FIT](mailto:INFO@VAULT.FIT) 561-483-4160

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am Cycle Stef	6am Ride/Run Stef	6am Cycle Chelsea	7am Pilates App Brittany	6am Cycle Chelsea	730am Ride/Run Kim	930am Cycle Alissa
7am Pilates App Brittany	7am Pilates App Lisa	7am Pilates App Brittany	830am LIIT Jen	7am Pilates App Lisa	830am Pilates App Gabrielle	930am Pilates App Caren
830am Pilates App Lisa	830am LIIT Jen	830am Pilates Mat Louis	<b>830am Pilates App Roberta NEW</b>	830am Pilates App Amanda	930am Pilates App Lisa	1030am Vault Barre Nina
<b>830am Bootcamp Alissa NEW</b>	930am Cycle Jen	830am Pilates App Erin	930am Cycle Jen	<b>830am Tramp Camp Stefanie NEW</b>	930am Vault Barre Gabrielle	1030am Vinyasa Yoga Rachel
930am Pilates App Erin / Lisa	930am Pilates App Lisa	930am Pilates App Erin/ Amanda	930am Vault Barre Andreina	930am Pilates App Tara	1030am Vinyasa Yoga Laura	1130am Adv Pilates Caren
930am Outdoor Box Romero	930am Vault Barre Andreina	930am Outdoor Box Romero	930am Vinyasa Yoga Amanda	930am Outdoor Box Romero	1030am Adv Pilates Gabrielle	
1030am Barre Stick Louis	1030am TRX Andreina	1030am Vinyasa Yoga Jessica	1030am Yin Yoga Amanda	930am LIIT Bootcamp Jen	1130am Pilates App Lisa	
1130am Adv Pilates Louis / Brittany	1030am Pilates Tower Lisa	1030am Barre Stick Louis	1030am Adv Pilates Tanya	1030am Vault Barre Louis		
1230pm Vinyasa Yoga Jessica	1130 Adv Pilates Andreina	1130am Adv Pilates Louis	1030am TRX Andreina	1030am Vinyasa Yoga Jessica		
	1230pm Vinyasa Yoga Jessica	1230pm Adv Pilates Erin	1130am Adv Pilates Roberta/Tanya	1130am Adv Pilates Louis		
			1230pm Vinyasa Yoga Rachel	1230am Adv Pilates Erin		
530pm Pilates App Andreina / Gabby						
	530pm Vault Barre Louis		530pm Vault Barre Louis			
	630pm Pilates App Louis	630pm Vinyasa Rachel	630pm Pilates App Louis			