



AUG 2022 VAULT FITNESS

REMINDER WE HAVE A 12 HOUR CANCELLATION POLICY!

EMAIL: INFO@VAULT.FIT WEBSITE: WWW.VAULT.FIT PHONE: 561-483-4160

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am Cycle Stef	6am Ride/Run Stef	6am Cycle Rotating	7am Pilates App Lisa	6am Cycle Rotating	830am Pilates App Lisa	930am Cycle Alissa
7am Pilates App Lisa	7am Pilates App Lisa	7am Pilates App Lisa	830am LIIT Jen	7am Pilates App Amanda	830am Sculpt Ashley	930am Reformer Rotating
830am Pilates App Lisa	830am LIIT Jen	830am Pilates App Erin	830am Pilates App Lisa	830am Pilates App Steph	930am Cycle Ashley	1030am Vault Barre Rotating!
830am HIIT Alissa	930am Cycle & Tread Jen	830am Vault Barre Lauren	930am Cycle & Tread Jen	830am Tramp Ashley	930am Pilates App Lisa	1030am Vinyasa Rachel
930am Pilates App Erin	930am Pilates Mat Lisa	930am Pilates App Erin	930am Vault Barre Andreina	930am Pilates App Tara	930am Vault Barre Stef	1130am Adv Pilates Rotating!
930am Box Romero	930am Vault Barre Andreina	930am Box Romero	930am Vinyasa Yoga Amanda	930am NEW Cycle Alissa	1030am Vinyasa Laura	
1030am Barre Stick Stefanie	1030am TRX Andreina	1030am Sculpt Ashley	1030am Yin Yoga Amanda	930am Vault Barre Danielle	1030am Adv Pilates Rotating	
1030am Pilates App Erin	1030am Pilates App Lisa	1030am Cycle/ Shred Alissa	1030am Adv Pilates Juliana	1030am SCULPT Alissa	1130am Pilates App Lisa	
1130am Adv Mat Brittany	1130 Adv Pilates App Emmy	1030am Reformer Amanda	1030am Barre Stick Andreina	1030am Vinyasa Yoga Kim		
1230pm Adv Pilates Steph	1230pm Vinyasa Yoga Jessica	1030am Vinyasa Jessica	1130am Adv Pilates Juliana	1030am Adv Pilates Danielle		
1230pm Vinyasa Yoga Jessica		1130am Adv Pilates Brittany	1230pm Vinyasa Kim	1130am Adv Pilates Danielle		
		1230pm Adv Pilates Erin		1230pm Adv Pilates Rotating		
	530pm Reformer Amanda		530pm Reformer Amanda / Steph			
530pm Pilates App Andreina		630pm Vinyasa Kim				