



# MAY 2023 VAULT FITNESS

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am Cycle Brenda	6am Ride/Run Stef	6am Cycle Brenda	7am Pilates App Lisa	6am Cycle Stef	830am Pilates App Rotating	<b>NEW 830am Mat Fusion Crystal *</b>
7am Pilates App Lisa	7am Pilates App Lisa	7am Pilates App Lisa	830am LIIT Jen	7am Pilates App Brittany	830am Sculpt Ashley	930am Cycle Alissa
830am Pilates App Erin	830am LIIT Jen	830am Pilates App Erin	830am Pilates App Lisa	830am Pilates App Steph	930am Cycle Ashley	930am Reformer Beth
830am HIIT Alissa	830am Pilates Rotating	830am Vault Barre Lauren	930am Cycle & Tread Jen	930am Reformer Basics Emmy	930am Pilates App Rotating	1030am Vault Barre Lauren
930am Pilates App Erin	930am Cycle & Tread Jen	930am Pilates App Erin	930am Vault Barre Lauren	930am Cycle Alissa	930am Vault Barre Stef	1030am Vinyasa Rachel
930am Box Romero	930am Mat Fusion Lisa	930am Box Romero	1030am Yin Yoga Kim	930am Vault Barre Danielle	1030am Vinyasa Laura	1130am Adv Pilates Beth
1030am Barre Stick Lauren	930am Vault Barre Lauren	1030am Sculpt Ashley	1030am Adv Pilates Emmy	1030am SCULPT Alissa	1030am Adv Pilates Rotating	
1030am Pilates App Erin	1030am TRX Fusion Alissa	1030am Cycle/ Shred Alissa	1030am Barre Stick Lauren	1030am Vinyasa Yoga Rachel	1130am Pilates App Rotating	
1030am YOGA Tressie	1030am Pilates App Lisa / Tanya	1030am Reformer Steph	1130am Adv Pilates Brittany	1030am Adv Pilates Danielle		
1130am Mat Fusion Rachel	1130 Adv Pilates App Tanya	1030am Vinyasa Jessica	1230pm Vinyasa Rachel	1130am Adv Pilates Danielle		
1230pm Adv Pilates Emmy	1230pm Vinyasa Yoga Jessica	1130am Adv Pilates Erin		1230pm Adv Pilates Danielle		
1230pm Vinyasa Yoga Rachel	1230pm Adv Pilates App Tanya	1230pm Adv Pilates Steph				
530pm Pilates App Kim	530pm Reformer Kim	<b>530pm Pilates Apparatus Kim</b>	530pm Reformer Sandra			

**REMINDER WE HAVE A 12 HOUR CANCELLATION POLICY!**

**Do not leave cancellations on voicemail! We do not check voicemail all the time so please cancel on the app or email!**