



EAST BOCA FALL SCHEDULE

155 NE SPANISH RIVER BLVD BOCA RATON, FL 33431

EMAIL: EASTBOCA@VAULT.FIT

561-717-4831

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am Pilates Ali	6am Pilates Crystal	6am Pilates Ali	6am Pilates Juliana	6am Pilates Crystal	830am Pilates Karen / Lisa	830am BARRE Sculpt Crystal
7am Pilates Ali	7am Pilates Crystal	7am Pilates Ali	7am Pilates Juliana	7am Pilates Crystal	930am Pilates Karen / Lisa	930am Pilates Crystal
830am Pilates Crystal	8am Pilates Crystal	830am Pilates Emmy	830am Pilates Erica	830am Vault Barre Crystal	930am Vault Barre Crystal	1030am Vinyasa Yoga Stef
930am Pilates Basics Emmy	930am Pilates Karen	930am Pilates Emmy	830am Sculpt Crystal	930am Pilates Lisa	1030am Adv Pilates Karen / Lisa	1030am Pilates Crystal
930am Vault Barre Crystal	1030am Pilates Karen	930am Vault Barre Stef	930am Vault Barre Crystal	930am Vinyasa Yoga Kim	1030am Pilates Basics Crystal	1130am Adv Pilates Stef
1030am Pilates Emmy	1130am Sculpt Karen	1030am Vinyasa Yoga Stef	930am Pilates Emmy	1030am YIN Yoga Kim	1130am Pilates Karen / Lisa	
1130am Vinyasa Yoga Rachel	1130am Adv Pilates Brittany	1030am Pilates Basics Emmy	1030am Pilates Emmy	1030am Pilates Lisa		
1130am Pilates Karen	1230pm Pilates Karen	1130am Adv Pilates Stef	1230pm Adv Pilates Stef	1130am Adv Pilates Lisa		
1230pm Adv Pilates Karen		1230pm Pilates Emmy		1230pm Pilates Karen		
430pm Pilates Crystal	430pm Pilates Kim	430pm Pilates Crystal	430pm Barre Nikki			
530pm Barre Crystal	530pm Pilates Kim	530pm Barre Crystal	530pm Pilates Nikki			
630pm Pilates Crystal	630pm YOGA ALL LEVELS Kim	630pm Pilates Crystal	630pm Pilates Nikki			

REMINDER WE HAVE A 12 HOUR CANCELLATION POLICY! SOCKS REQUIRED!

- All clients new to Pilates are asked to take our Welcome Special (3 Private Sessions) to learn the safety of the apparatus before joining group classes.
- Pilates: Enjoy Reformer, Tower, Chair or a Combination of Apparatus.
- Pilates Basics: Great option for clients newer to classes or those modifying for an injury.
- Adv. Pilates: For instructors or advanced clients that have taken 20 or more classes at Vault!