



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
830am Pilates Marina / Danielle	7am Pilates Cassie	830am Pilates Marina/ Danielle	7am Pilates Crystal	730am NEW Pilates Lisa	830am Pilates Lisa	830am Barre Marina
930am Pilates Danielle	830am Pilates Cassie	930am Barre Stick Danielle	830am Pilates Danielle	830am Pilates Lisa / Marina	830am LIFT Lindsey	930am Pilates Crystal
930am Barre Marina	930am Pilates Karen	930am Pilates Marina	830am Mat fusion Crystal	930am Barre Marina	930am Mat Fusion Lisa	930am LIFT Marina
1030am Pilates Marina	930am Vault Barre Cassie	1030am LIFT Marina	930am Vault Barre Danielle	930am Pilates Lisa	1030am Pilates Lisa	1030am Pilates Crystal
1030am TRX Fusion Danielle	1030am Pilates Karen	1030am Pilates Danielle	930am Pilates Crystal	1030am LIFT Lindsey		1130am Pilates Crystal
1130am Adv Pilates Danielle	1130am Adv Pilates Karen	1130am Adv Pilates Marina	1030am Pilates Danielle	1030am Pilates Marina		
				1230pm Adv Pilates Lisa		
530pm Barre Raegan	5pm Pilates Ali	530pm Pilates Karen				
630pm Pilates Melissa	6pm Pilates Ali		6pm Pilates Crystal			

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.
- Adv. Pilates: For instructors or advanced clients that have taken 20 or more classes at Vault!