

Class Schedule

561 833 4144
WWW.VAULT.FIT

WEST PALM BEACH JANUARY 2026



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
7:00am-7:50am PILATES APPARATUS Buffy	8:00am-8:50am PILATES APPARATUS Diana	8:30am-9:20am BARRE Demetra	8:00am-8:50am PILATES APPARATUS Diana	7:00am-7:50am PILATES APPARATUS Buffy	8:30am-9:20am TRX Demetra	9:30am-10:20am CYCLE & SHRED Kim
9:00am-9:50am BARRE Cassie	8:00am-8:50am BARRE Olivia	9:00am-9:50am PILATES APPARATUS Diana	9:00am-9:50am BARRE Demetra	8:30am-9:20am BARRE Demetra	9:00am-9:50am PILATES APPARATUS Buffy	9:30am-10:20am PILATES APPARATUS Cassie
9:00am-9:50am INT/ADV PILATES APPARATUS Diana	9:00am-9:50am VAULT LIFT Cassie	11:00am-11:50am VAULT LIFT Cloe	11:00-11:50a PILATES MAT FUSION Marina	9:00am-9:50am INT/ADV PILATES APPARATUS Diana	9:30am-10:20am BARRE Demetra	10:30am-11:20am BARRE Cassie
10:00am-10:50am TRX Cloe	11:00pm-11:50pm BEGINNER PILATES APPARATUS Christine	11:00 - 11:50am PILATES APPARATUS Natalie	11:00pm-11:50pm BEGINNER PILATES APPARATUS Christine	10:00a-10:50a VAULT LIFT Demetra	10:00am-10:50am PILATES APPARATUS Buffy	11:30am-12:20pm PILATES APPARATUS Cassie
11:00am- 11:50am Pilates Apparatus Cassie	12:00pm-12:50pm BEG/INT PILATES APPARATUS	12:00pm-12:50pm BARRE Cloe	12:00pm- 12:50pm PILATES APPARATUS Marina	10:00 a m - 10 : 5 0 a PILATES APPARATUS Lauren	10:30a-11:20am VAULT LIFT Demetra	
12:00pm-12:50pm SCULPT & SWEAT Cloe	12:00pm-12:50pm BARRE Lauren	12:00pm-12:50pm INT/ADV PILATES APPARATUS Christine	12:00p-12:50p BARRE Lauren	12:00pm-12:50pm BARRE Fabiana		
12:00pm-12:50pm INT/ADV PILATES APPARATUS Lauren	5:30pm- 6:20pm RIPPED RIDE	4:00-4:50pm PILATES APPARATUS Cassie	5:15pm-6:05pm PILATES APPARATUS Fabiana	12:00 - 1 2 : 5 0 p m INT/ADV-PILATES APPARATUS Olivia		
1:00pm-1:50pm PILATES APPARATUS Buffy	4:15p-5:05p PILATES MAT FUSION	5:00p-5:50pm BARRE Cassie	5:30pm- 6:20pm BARRE Charlotte			
4:00pm-4:50pm VAULT LIFT Cloe	Fabiana	6:00pm-6:50pm LIFT Cassie	6:30pm-7:20p CYCLE & SHRED Kim			
Charlotte	6:30pm-7:20pm BARRE	Jessica				
5:30pm- 6:20pm BARRE						