



EAST BOCA WINTER 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 Danielle/Marina	7am Pilates Cassie	830am Pilates Marina	7am Pilates Cassie	730am Pilates Lisa	830am Pilates Lisa	830am Barre Sculpt Marina
930am Pilates Danielle	830am Pilates Danielle	930am Barre Stick Danielle	830am Pilates Danielle	830am Pilates Lisa & Marina	830am LIFT Lindsey	930am LIFT Marina
930am Barre Marina	930am Barre Danielle	930am Pilates Marina	830am Mat fusion Cassie	930am Pilates Lisa	930am Mat Fusion Lisa	1030am Pilates
1030am Pilates Marina	930am Pilates Karen	1030am LIFT Marina	930am Vault Barre Cassie	930am Barre Marina	1030am Pilates Lisa	1130am Pilates
1030am ukCELIFT Danielle	1030am Pilates Karen	1030am Pilates Danielle	930am Pilates Danielle	1030am LIFT O		
1130am Adv Pilates Danielle	1130am Adv Pilates Danielle	1130am Adv Pilates Marina	1030am Pilates Danielle	1030am Pilates Marina		
				1230pm Pilates Lisa		
		530pm Pilates U				
530pm Pilates Makenzie	6pm Pilates Ali		6pm Pilates			

REMINDER WE HAVE A 24 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!