



# SPRING 2026 VAULT FITNESS WEST BOCA

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am Cycle Raquel	6am Ride/Run Stef	6am Cycle Stef	7am Pilates App Ali	6am Cycle Stef	830am Pilates App Stef/Judy	830am Adv Pilates Ali
7am Pilates App Steph	7am Pilates App Heather	7am Pilates App Lisa	830am Pilates App Tracey	7am Pilates App Judy	930am Pilates App Judy	930am Vault Barre Lauren
830am Pilates App Erin		830am Pilates App Judy / Heather	830am LIFT Liz	830am Pilates Tower Ali	930am Vault Barre Stef	930am Cycle Alissa
830am HIIT Alissa	830am Pilates Judy	830am Rebound Lisa G	930am Vault Barre Lauren	830am REBOUND Lisa	1030am Vinyasa Laura	930am Reformer Ali
930am Pilates App Erin	930am Pilates Judy	930am Pilates App Erin	1030am Adv Pilates Judy	930am Reformer Judy	1030am Adv Pilates Judy	1030am Vinyasa Stef
930am LIFT Liz	930am Vault Barre Liz	930am Box Alissa	1030am TRX Fusion Alissa	930am Cycle Alissa	1130am Pilates App Ali	1130am Adv Pilates Ali
1030am Barre Stick Lauren	1030am TRX Fusion Alissa	1030am Bands & Ball Alissa	1130am Adv Apparatus Tanya	930am Barre Stef		
1030am Pilates App Erin	1030am Pilates App Heather	1130 Adv Pilates Erin		1030am Sculpt Alissa		
1130am Mat Fusion Stef	1130 Adv Pilates App Tanya	1230 Adv Allegro Steph		1030am Adv Tower Heather		
1230pm Adv Pilates Amanda	1230pm NEW Yoga Mobility Flow Lisa	1230pm NEW Yoga Core Flow Lisa		1130am Adv Reformer Steph		
530pm Pilates App Ali	530pm Reformer Melissa	530pm Reformer Ali	530pm Reformer Ali			

**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!**