Class Schedule

WEST PALM BEACH

MAY 2026

WWW.VAULT.FIT

561 833 4144
WPB@VAULT.FIT

MONDAYS

7:00am-7:50am
PILATES APPARATUS
Buffy

9:00am-9:50am
BARRE
Demetra

8:00a-8:50a
CYCLE & SHRED
Demetra

9:00am-9:50am
INT/ADV PILATES APPARATUS
Diana

10:00a-10:50am
PILATES ATHLETIC REFORMER
Demetra

11:00a-11:50a
PILATES APPARATUS
Cassie

11:00a-11:50am
TRX
Cloe

12:00pm-12:50pm
SCULPT & SWEAT
Cloe

12:00pm-12:50pm
INT/ADV PILATES APPARATUS
Lauren

1:00pm-1:50pm
PILATES APPARATUS Buffy

4:00pm-4:50pm
VAULT LIFT
Cloe

5:30pm- 6:20pm
BARRE
Charlotte

TUESDAYS

8:00am-8:50am
PILATES APPARATUS
Diana

8:00am-8:50am
BARRE
Olivia

9:00am-9:50am
VAULT LIFT
Cassie

10:00am-10:50am
PILATES ATHLETIC REFORMER
Demetra

11:00pm-11:50pm
PILATES APPARATUS
Christine

12:00pm-12:50pm
PILATES APPARATUS
Cassie

12:00pm-12:50pm
BARRE
Lauren

5:30pm- 6:20pm
RIPPED RIDE
Kim

4:15p-5:05p
PILATES MAT FUSION
Fabiana

6:30pm-7:20pm
BARRE
Jessica

WEDNESDAYS

7:00a-7:50am
PILATES APPARATUS
Demetra

8:30am-9:20am
BARRE
Demetra

9:00am-9:50am
PILATES APPARATUS
Diana

11:00am-11:50am
VAULT LIFT
Cloe

11:00 - 11:50am
PILATES APPARATUS
Natalie

12:00pm-12:50pm
BARRE
Cloe

12:00pm-12:50pm
INT/ADV PILATES APPARATUS
Christine

4:00-4:50pm
PILATES APPARATUS
Cassie

5:00p-5:50pm
BARRE
Cassie

6:00pm-6:50pm
LIFT
Cassie

THURSDAYS

8:00am-8:50am
PILATES APPARATUS
Diana

8:00-8:50am
PILATES ATHLETIC REFORMER
Alianna

9:00am-9:50am
BARRE
Demetra

11:00-11:50a
ATHLETIC REFORMER PILATES
Marina

11:00pm-11:50pm
BEGINNER PILATES APPARATUS
Christine

12:00pm- 12:50pm
PILATES APPARATUS
Marina

12:00p-12:50p
BARRE
Lauren

5:30pm- 6:20pm
BARRE
Charlotte

6:30pm-7:20p
CYCLE & SHRED
Kim

FRIDAYS

7:00am-7:50am
PILATES APPARATUS
Buffy

8:30am-9:20am
BARRE
Demetra

9:00am-9:50am
INT/ADV PILATES APPARATUS
Diana

10:00a-10:50a
VAULT LIFT
Demetra

10:00am-10:50am
PILATES APPARATUS
Lauren

12:00pm-12:50pm
BARRE
Fabiana

12:00 - 12:50pm
INT/ADV-PILATES APPARATUS
Olivia

SATURDAYS

8:30am-9:20am
TRX
Demetra

9:00am-9:50am
PILATES APPARATUS
Buffy

9:30am-10:20am
BARRE
Demetra

10:00am-10:50am
PILATES APPARATUS
Buffy

10:30a-11:20am
VAULT LIFT
Demetra

SUNDAYS

9:30am-10:20am
CYCLE & SHRED
Kim

9:30am-10:20am
PILATES APPARATUS
Cassie

10:30am-11:20am
BARRE
Cassie

11:30am-12:20pm
PILATES APPARATUS
Cassie