VAULT FITNESS WEST BOCA

EMAIL: INFO@VAULT.FIT WEBSITE: WWW.VAULT.FIT PHONE: 561-483-4160

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 Heather	830am Reformer Judy	7am Pilates Reformer Judy	930am Pilates App Judy	930am Vault Barre Stef
830am Pilates App Erin		830am Reformer Judy	830am LIFT Liz	830am Pilates Tower Cassie	930am Vault Barre Stef	930am Cycle Alissa
830am HIIT Alissa	830am Pilates Judy	8:30am Tower Heather	930am Vault Barre Lauren	830am REBOUND Lisa	1030am Vinyasa Laura	930am Reformer Ali
930am Tower Erin	930am Tower Judy	930am Pilates App Erin	1030am Adv Tower Judy	930am Reformer Judy	1030am Adv Pilates Judy	1030am Vinyasa Stef
930am LIFT Liz	930am Vault Barre Liz	930am Boxing Alissa	1030am TRX Fusion Alissa	930am Cycle Alissa	1130am Pilates App Ali	1130am Adv Pilates Ali
1030am Barre Stick Lauren	1030am TRX Fusion Alissa	10:30am Allegro Steph	1130am Adv Pilates Apparatus	930am Barre Cassie		
1030am Pilates App Erin	1030am Pilates App Heather	1030am Bands & Ball Alissa		1030am Sculpt Alissa		
1130am Mat Fusion Stef	1130 Adv Pilates App Heather	1130 Adv Pilates Erin		1030am Adv Tower Heather		
1230pm Adv Pilates Amanda	12:30pm Yoga Mobility Flow Lisa	1230 Allegro Steph		1130am Adv Reformer Steph		
12:30pm Yoga Core Flow Lisa		1230pm Yoga Core Flow Lisa				
5:30 Teen Sculpt Alissa		4:30 Teen Sculpt Alissa				
530pm Pilates App Ali	530pm Reformer Melissa	4:30 Teen Pilates Ali	530pm Reformer Ali			
	6:30 Teen Pilates Melissa	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!