MONDAYS

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

9:00am-9:50am
BARRE
Demetra

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

11:00a-11:50am
TRX
Cloe

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

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

4:00p-4:50pm
TRX
Cloe

5:30pm-6:20pm
BARRE
Charlotte

TUESDAYS

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

8:00a-8:50am
ATHLETIC REFORMER PILATES
Demetra

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

11:00pm-11:50pm
BEG/ INT PILATES APPARATUS
Sara

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

12:00pm-12:50pm
BARRE
Lauren

5:30p-6:20p
RIPPED RIDE
KIM

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

12:00pm-12:50pm
BARRE
Cloe

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

4:00-4:50pm
PILATES APPARATUS
Cassie

5:00p-5:50pm
BARRE
Cassie

6:00pm-6:50p
LIFT
Cassie

THURSDAYS

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

8:00a-8:50am
ATHLETIC REFORMER PILATES
Aliana

9:00am-9:50am
BARRE
Demetra

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

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

12:00p-12:50p
BARRE
Lauren

5:30pm- 6:20pm
BARRE
Charlotte

5:30p-6:20p
PILATES APPARATUS
Sophia

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-10:50a
PILATES APPARATUS
Lauren

12:00pm-12:50pm
BARRE
Fabiana

12:00-12:50p
PILATES APPARATUS
Emily

SATURDAYS

8:30am-9:20am
LIFT
Demetra

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

9:30am-10:20am
BARRE
Demetra

10:00a-10:50a
PILATES APPARATUS
Vivian

10:30-11:20am
ADVANCED PILATES MAT
Demetra

SUNDAYS

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

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

10:30a-11:20am
VAULT BARRE
Cassie



Class Schedule

WEST PALM BEACH

DECEMBER 2026

WWW.VAULT.FIT

WPB@VAULT.FIT

561 833 4144