



breakingbarre

# Class Schedule



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 am Express Barre Asana	6:00 am Express Barre Core	6:00 am Express Barre	6:00 am Express Barre Extend	6:00 am Express Barre Asana		
				8:00 am Ballet Barre		
					9:00 am Classic Barre	9:00 am* Express Barre Asana, Express Cardio Dance
10:30 am ★ Express Cardio Dance	10:30 am ★ Barre Bounce (Members only)	10:30 am ★ Barre Core	10:30 am ★ Classic Barre		10:15 am Express Barre	10:00 am* Classic Barre, Ballet Barre
12:00 pm ★ Express Barre	12:00 pm ★ Express Barre Core	12:00 pm ★ Express Barre Strength & Sculpt	12:00 pm ★ Express Cardio Dance	12:00 pm ★ Express Barre Bounce		
4:30 pm ★ Express Barre	4:30 pm Barre Brawl	4:30 pm ★ Classic Barre	4:30 pm Barre Core	4:30 pm* Barre Bounce, Barre Strength & Sculpt		
5:45 pm* Barre Extend, Barre Bounce	5:45 pm Classic Barre	5:45 pm Barre Strength & Sculpt	5:45 pm* Classic Barre, Barre Bounce			
7:00 pm Express Barre Extend	7:00 pm Express Barre Brawl	7:00 pm Back & Hips Yoga	7:00 pm Pilates Fusion			

87 Alafaya Woods Blvd, Oviedo, FL 32765

407-588-4500

[www.breaking-barre.com](http://www.breaking-barre.com)

\*rotating weekly schedule  
please check our website

★ Kid Care available