

BREAKING BARRE CLASS SCHEDULE



MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 AM EXPRESS BARRE STRENGTH	6:00 AM EXPRESS BARRE CORE	6:00 AM EXPRESS BARRE	6:00 AM EXPRESS BARRE ASANA	6:00 AM EXPRESS BARRE BOUNCE		
				8:00 AM BALLET FIT		
9:00 AM BARRE CORE & STRETCH					9:00 AM CLASSIC BARRE	9:00 AM CLASSIC BARRE
10:30 AM ★ EXPRESS CARDIO DANCE	10:30 AM ★ BARRE CORE	10:30 AM ★ BARRE BOUNCE	10:30 AM ★ CLASSIC BARRE	10:30 AM ★ BARRE BRAWL	10:15 AM EXPRESS BARRE BRAWL, EXPRESS CARDIO PILATES, EXPRESS BARRE CARDIO, 30 MINUTE BOUNCE	10:15 AM EXPRESS CARDIO DANCE, EXPRESS BARRE STRETCH
12:00 PM ★ EXPRESS BARRE	12:00 PM ★ EXPRESS BARRE STRENGTH	12:00 PM ★ EXPRESS BARRE CORE	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 EXPRESS BARRE CORE	4:30 PM EXPRESS BARRE STRENGTH	4:30 PM BARRE STRENGTH & STRETCH, BARRE CORE & STRETCH		
5:45 PM BARRE EXTEND, BARRE BOUNCE	5:45 PM EXPRESS BARRE	5:45 PM EXPRESS BARRE STRENGTH	5:45 PM CLASSIC BARRE, 6:00 PM 30 MINUTE BOUNCE			
7:00 PM EXPRESS BARRE EXTEND	7:00 PM BARRE STRETCH	7:00 PM EXPRESS BARRE	7:00 PM EXPRESS BARRE STRENGTH			

ROTATING WEEKLY
SCHEDULE,
PLEASE CHECK OUR
WEBSITE
★ KID CARE
AVAILABLE