



b breakingbarre
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		
				7:15 am Ballet Fit		
					9:00 am Classic Barre	9:30 am Classic Barre
10:30 am ★ Barre Core & Stretch	10:30 am ★ Express Cardio Dance	10:30 am ★ Barre Bounce	10:30 am ★ Classic Barre	10:30 am ★ Barre Brawl	10:15 am* Express Barre, Express Barre Brawl, 40 Minute Bounce, Cardio Pilates	10:45 am* Barre Stretch, Express Cardio Dance
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 Express Barre Strength	4:30 pm Express Barre Core	4:30 pm Barre Brawl	4:30 pm* Barre Strength & Stretch, Barre Core & Stretch		
5:45 pm* Barre Extend, Barre Bounce	5:45 pm* Classic Barre, 40 Minute Bounce	5:45 pm Barre Strength	5:45 pm Classic Barre			
7:00 pm Express Barre Extend	7:00 pm Barre Stretch	7:00 pm Express Cardio Dance	7:00 pm Express Barre Strength			

*rotating weekly schedule
 please check our website

★ Kid Care available

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