


**breakingbarre** WEEKLY CLASS SCHEDULE


MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 AM EXPRESS BARRE BOUNCE	6:00 AM EXPRESS BARRE STRENGTH	6:00 AM EXPRESS BARRE	* 6:00 AM EXPRESS MAT PILATES, EXPRESS BARRE CORE	6:00 AM EXPRESS POWER BARRE		
				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 ★ EXPRESS BARRE STRENGTH	10:30 AM ★ BARRE BRAWL	* 10:15 AM EXPRESS BARRE BRAWL, EXPRESS BARRE STRENGTH, EXPRESS CARDIO PILATES, EXPRESS BOUNCE	* 10:45 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 BARRE	12:00 PM ★ EXPRESS BARRE BOUNCE		
4:30 PM EXPRESS BARRE	4:30 PM DANCE CLUB CARDIO	4:30 PM BARRE BRAWL	4:30 PM EXPRESS BARRE STRENGTH	4:30 PM BARRE CORE & STRETCH		
* 5:45 PM EXPRESS BOUNCE, EXPRESS BARRE BOUNCE	5:45 PM CLASSIC BARRE	5:45 PM CLASSIC BARRE	5:45 PM BARRE STRENGTH			
7:00 PM EXPRESS BARRE STRENGTH	7:00 PM EXPRESS BARRE	7:00 PM BARRE CORE & STRETCH	7:15 PM 30 MINUTE BOUNCE			

\* ROTATING WEEKLY  
SCHEDULE -  
CHECK OUR APP  
OR WEBSITE FOR  
LIVE SCHEDULE

★ KID CARE  
AVAILABLE -  
MUST BOOK IN  
ADVANCE