

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 BARRE STRENGTH | 4:30 PM EXPRESS BARRE CORE | 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