


**breakingbarre** WEEKLY CLASS SCHEDULE


| MON   | TUES                                    | WED                                 | THURS  | FRI                                   | SAT  | SUN  |
|---|---|-------------------------------------|--|---------------------------------------|--|--|
| 6:00 AM<br>EXPRESS BARRE<br>BOUNCE                      | 6:00 AM<br>EXPRESS BARRE<br>STRENGTH    | 6:00 AM<br>EXPRESS BARRE            | * 6:00 AM<br>EXPRESS MAT<br>PILATES, EXPRESS<br>BARRE CORE | 6:00 AM<br>EXPRESS POWER<br>BARRE     |  |  |
|   |   |                                     |  |                                       |  |  |
|   |   |                                     |  | 7:15 AM<br>BALLET FIT                 |  |  |
|   |   |                                     |  |                                       | 9:00 AM<br>CLASSIC BARRE   | 9:30 AM<br>CLASSIC BARRE   |
| 10:30 AM ★<br>BARRE CORE &<br>STRETCH                   | 10:30 AM ★<br>EXPRESS<br>CARDIO DANCE   | 10:30 AM ★<br>BARRE BOUNCE          | 10:30 AM ★<br>EXPRESS BARRE<br>STRENGTH                    | 10:30 AM ★<br>BARRE BRAWL             | * 10:15 AM<br>EXPRESS BARRE<br>BRAWL, EXPRESS<br>BARRE STRENGTH,<br>EXPRESS CARDIO<br>PILATES, EXPRESS<br>BOUNCE | * 10:45 AM<br>EXPRESS CARDIO<br>DANCE,<br>EXPRESS BARRE<br>STRETCH |
| 12:00 PM ★<br>EXPRESS BARRE                             | 12:00 PM ★<br>EXPRESS BARRE<br>STRENGTH | 12:00 PM ★<br>EXPRESS BARRE<br>CORE | 12:00 PM ★<br>EXPRESS BARRE                                | 12:00 PM ★<br>EXPRESS BARRE<br>BOUNCE |  |  |
|   |   |                                     |  |                                       |  |  |
| 4:30 PM<br>EXPRESS BARRE                                | 4:30 PM<br>EXPRESS BARRE<br>CORE        | 4:30 PM<br>BARRE BRAWL              | 4:30 PM<br>EXPRESS BARRE<br>STRENGTH                       | 4:30 PM<br>BARRE CORE &<br>STRETCH    |  |  |
| * 5:45 PM<br>EXPRESS BOUNCE,<br>EXPRESS BARRE<br>BOUNCE | 5:45 PM<br>CLASSIC BARRE                | 5:45 PM<br>CLASSIC BARRE            | 5:45 PM<br>BARRE STRENGTH                                  |                                       |  |  |
| 7:00 PM<br>EXPRESS BARRE<br>STRENGTH                    | 7:00 PM<br>BARRE CORE &<br>STRETCH      | 7:00 PM<br>DANCE CLUB<br>CARDIO     | 7:00 PM<br>EXPRESS YOGA<br>FLOW                            |                                       |  |  |

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

★ KID CARE  
AVAILABLE -  
MUST BOOK IN  
ADVANCE