

Breaking Barre - Oviedo

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Breaking Barre - Oviedo

Discover Breaking Barre: Oviedo's Premier Physical Fitness Program

Breaking Barre is not just another fitness studio; it's a vibrant community in Oviedo, Florida, designed to empower individuals through movement and support. With its unique approach to physical fitness, Breaking Barre offers an array of services tailored to meet the diverse needs of its members.

Service Options and Class Variety

At Breaking Barre, members have access to a variety of ****class formats**** that suit all fitness levels. From classic barre to dance fitness, kickboxing, and

Pilates fusion, there's something for everyone. The classes are designed to be both challenging and fun, ensuring that participants are engaged and motivated throughout their workouts. Many classes even include options for **online participation**, making it easier than ever to stay active regardless of your schedule.

Accessibility and Amenities

Breaking Barre takes pride in being an inclusive space. It features **wheelchair-accessible entrances** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy their facility comfortably. Additionally, the studio provides **child care** options, allowing parents to focus on their workouts without worry. The environment is welcoming and respects all individuals, including being **LGBTQ+ friendly**.

Friendly Environment and Supportive Community

From the moment you step through the door, you are greeted with warmth. The instructors are known for their **encouraging** demeanor, always ready to support each member's journey towards health and wellness. Breaking Barre truly embodies a sense of community, where members often celebrate personal milestones together, creating a home away from home.

Planning Your Visit

To ensure a personalized experience, **appointments are required** for certain services and classes. This allows the team to tailor their instruction to your specific needs and goals. The studio is consistently described as **clean and well-maintained**, with many members remarking on how meticulously the team upholds hygiene standards.

Meet Laura, The Visionary Behind Breaking Barre

Identifying as **women-owned**, Breaking Barre is driven by a passion for empowering women through fitness. Owner Laura has cultivated an inviting atmosphere that resonates with members looking for a supportive workout environment. Her philosophy focuses on health and wellness for all, fostering a culture where everyone feels comfortable pushing their limits.

Why Choose Breaking Barre?

If you're considering a new fitness journey, look no further than Breaking Barre. Its competitive edge lies in: - **Unmatched Variety**: Multiple class options to keep workouts exciting. - **Community Focus**: Genuine connections formed among members and instructors. - **Inclusive Atmosphere**: A non-judgmental environment that welcomes everyone. - **Positive Results**: Members consistently report improvements in strength, flexibility, and overall well-being. Join the crowd at Breaking Barre, where you'll find more than just a workout; you will discover a supportive fitness family dedicated to helping you

achieve your goals. Whether you're a beginner or an experienced fitness enthusiast, Breaking Barre is the perfect place to embark on your physical fitness journey!

We are based in

87 Alafaya Woods Blvd, 32765 Oviedo, Florida - United States (US)

The phone number of the mentioned **Physical fitness program** is +1407-588-4500
And if you want to send a WhatsApp, you can do so at +1407-588-4500

Visit us during the following hours:

- Day Hours
- Monday
6?AM–1?PM 4–8?PM
- Tuesday
6?AM–1?PM 4–8?PM
- Wednesday
6?AM–1?PM 4–8?PM
- Thursday
6?AM–1?PM 4–8?PM
- Friday
6?AM–1?PM 4–5:30?PM
- Saturday
8:30?AM–12?PM
- Sunday
9?AM–12?PM

The website is Breaking Barre

If you require to update any detail that you consider is not accurate regarding this portal, we urge you to send a message so that we will fix it quickly. Thanks beforehand thanks for your cooperation.

Images



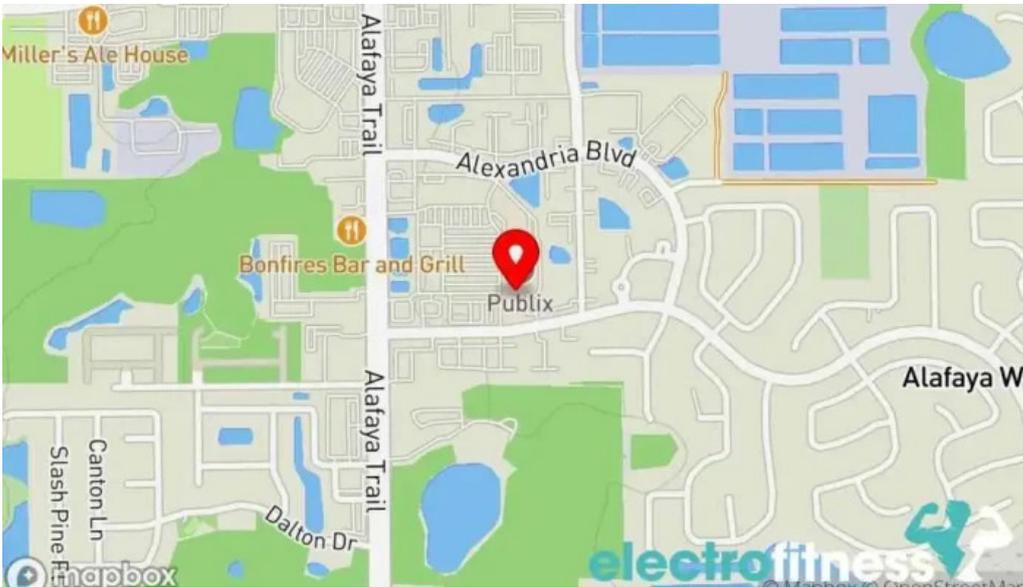
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Breaking barre physical fitness program



Breaking barre oviedo



Breaking barre map



Breaking barre by owner



Breaking barre all

Tags

Appointment required, Toilet, Planning, From the business, Wheelchair-accessible entrance, Accessibility, Amenities, Wheelchair-accessible car park, LGBTQ+ friendly, Crowd, On-site services, Child care, Service options, Online classes, Identifies as women-owned

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