

**PILATES OF KANSAS CITY  
FALL 2017 SCHEDULE:**

Studio Phone: 913-385-0305  
Studio Email: [info@pilatesofkansascity.com](mailto:info@pilatesofkansascity.com)

- \*First Group Class is FREE!\*
- Available for \*NEW\* Clients Only!
  - Excludes Pilates Apparatus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:55am Pilates Apparatus Elisabeth	6:00-6:55am KCycle & Abs Laura	6:00-6:55am Pilates Apparatus Elisabeth	6:00-6:55am Ripped Ride Laura	8:15-9:10am KCycle & Abs Courtney
8:30-9:25am KC Barre Elisabeth	8:30-9:25am Pilates Apparatus Jean	8:30-9:25am Pilates Apparatus Laura	8:30-9:25am Prana Power X Yoga Wendy	7:30-8:25am Pilates Apparatus Laura	8:30-9:25am Pilates Apparatus Shawn
9:30-10:25am TRX-ילות Steph	9:30-10:25am TRX Strength Laura	9:30 - 10:25am KC Barre Natalie	9:30-10:25am Pilates Apparatus Steph	8:30-9:25am Vinyasa Yoga Mendi	9:15-10:10am Prana Power X Yoga Wendy
10:30-11:25am Beginner Pilates Apparatus Steph	10:30-11:25am Pilates Apparatus Laura	9:30 - 10:25am Pilates Apparatus Laura	10:30-11:25am Beginner Pilates Apparatus Jean	9:30-10:25am KC Barre Laura	9:30-10:25am Pilates Mat Sculpt Shawn
12:30-1:25pm Pilates Apparatus Steph		10:30-11:25am Beginner Pilates Apparatus Steph		10:30-11:25am Pilates Apparatus Laura	10:30-11:45am TRX Express Courtney
				11:30-12:25pm Instructor Class Elisabeth	10:30-11:25am Beginner Pilates Apparatus Shawn
4:30-5:25pm Pilates Circuit Jean					
5:30-6:25pm Pilates Apparatus Elisabeth	4:30-5:25pm Vinyasa Yoga Sue	5:30-6:25pm Pilates Mat Sculpt Jean	5:30-6:25pm Pilates Apparatus Courtney		<b>SUNDAY</b>
6:30-7:25pm Beginner Pilates Apparatus Jean	5:30-6:25pm Pilates Apparatus Steph	5:30-6:25pm KCycle & Abs Kathleen	5:30-6:25pm KC Barre Natalie		9:30-10:25am KC Barre Kathleen
6:35-7:20pm KCycle Elisabeth	5:45-6:40pm KC Barre Kathleen	6:30-7:25pm Pilates Apparatus Jean	6:35-7:30pm Ripped Ride Courtney		9:30-10:25am Beginner Pilates Apparatus Shawn
7:30-8:25pm Restorative Yoga Ivy	6:30-7:25pm Advanced Pilates Apparatus Steph	6:35-7:30pm TRX Strength Kathleen	6:30-7:25pm Beginner Pilates Apparatus Shawn		10:30-11:45am Pilates Bootcamp Elisabeth

- We require all clients take our Welcome Special before joining Pilates Apparatus classes.
- Prices are online at [www.pilatesofkansascity.com](http://www.pilatesofkansascity.com).
- Please sign up in advance for classes.
- Please cancel online at [www.pilatesofkansascity.com](http://www.pilatesofkansascity.com) within 12 hours to avoid \$10 late cancellation fee (for unlimiteds) or a loss of that session (for regular class packages).