

**PILATES OF KANSAS CITY  
WINTER 2018 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	6:00-6:45am Reformed Ride Laura	6:00-6:55am Pilates Apparatus Elisabeth	6:00-6:45am Reformed Ride Kathleen	8:15-9:00am Reformed Ride 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 Laura
9:30-10:25am TRX Pilates Steph	9:30-10:25am TRX Strength Laura	9:30-10:25am Pilates Apparatus Laura	9:30-10:25am Pilates Apparatus Jean	8:30-9:25am Vinyasa Yoga Mendi	9:15-10:15am KALOS Wendy
10:30-11:25am Beginner Pilates Apparatus Steph	10:30-11:25am Pilates Apparatus Laura	10:30-11:25am Beginner Pilates Apparatus Steph	10:30-11:25am Beginner Pilates Apparatus Jean	9:30-10:25am KC Barre Laura	9:30-10:25am Pilates Mat Sculpt
12-12:45pm KALOS Wendy		12-12:45pm KALOS Julia	11:30-12:15pm TRX Express Laura	10:30-11:25am Pilates Apparatus Laura	10:30-11:15am TRX Express Courtney
12:30-1:25pm Pilates Apparatus Steph				11:30-12:25pm Instructor Class Elisabeth	10:30-11:25am Beginner Pilates Apparatus
			4:30-5:25pm Pilates Apparatus Steph		
4:30-5:25pm Pilates Circuit Jean		5:30-6:25pm Pilates Mat Sculpt Jean	5:30-6:25pm Pilates Apparatus Courtney		<b>SUNDAY</b>
5:30-6:25pm Pilates Apparatus Jean	5:30-6:25pm Pilates Apparatus Steph	5:30-6:15pm Reformed Ride Kathleen	5:30-6:25pm TRX Pilates Steph		9:00-10:15am Barre Camp Kathleen
6:30-7:25pm Beginner Pilates Apparatus Jean	5:45-6:40pm KC Barre Kathleen	6:30-7:25pm Pilates Apparatus Jean	6:30-7:25pm Pilates Apparatus Steph		10:30-11:45am Pilates Bootcamp Elisabeth
6:35-7:20pm Reformed Ride Elisabeth	6:30-7:25pm Advanced Pilates Apparatus Steph	6:35-7:30pm TRX Strength Kathleen	6:35-7:20pm Reformed Ride Courtney		

- 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).