

**PILATES OF KANSAS CITY
SPRING 2018 SCHEDULE:**

Studio Phone: 913-385-0305
Studio Email: 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 Kali
9:30-10:25am TRX Pilates Steph	9:30-10:15am TRX Strength Express Laura	9:00-9:45am Reformed Ride Kathleen	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	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 Kali
12-12:45pm KALOS Wendy		10:30-11:25am Beginner Pilates Apparatus Steph	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		12-12:45pm KALOS Julia		11:30-12:25pm Instructor Class Elisabeth	10:30-11:25am Beginner Pilates Apparatus Kali
4:30-5:25pm Pilates Circuit Jean			4:30-5:25pm Pilates Apparatus Steph		SUNDAY
5:30-6:25pm Pilates Apparatus Jean	5:30-6:25pm Pilates Apparatus Steph	5:30-6:25pm Pilates Mat Sculpt Jean	5:30-6:25pm Pilates Apparatus Courtney		9:00-10:15am Barre Camp Kathleen
5:45-6:30pm Reformed Ride Elisabeth	5:45-6:40pm KC Barre Kathleen	6:30-7:25pm Pilates Apparatus Jean	5:30-6:25pm TRX Pilates Steph		10:30-11:45am Pilates Bootcamp Elisabeth
6:30-7:25pm Beginner Pilates Apparatus Jean	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.
- Please sign up in advance for classes.
- Please cancel online at www.pilatesofkansascity.com within 12 hours to avoid \$10 late cancellation fee (for unlimiteds) or a loss of that session (for regular class packages).