

**PILATES OF KANSAS CITY
SUMMER 2017 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	5:45-6:40am Prana Power X Yoga Wendy	6:00-6:55am Pilates Apparatus Elisabeth	6:00-6:55am TRX Strength Kathleen	8:15-9:10am Biker Barre Courtney
8:30-9:25am Vault 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 Pilates Apparatus Laura	9:30-10:25am Pilates Apparatus Steph	9:30-10:25am KC Barre Natalie	9:30-10:25am Prana Power X Yoga 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	10:30-11:25am Pilates Apparatus Laura	9:30-10:25am Pilates Mat Sculpt Shawn
12:30-1:25pm Pilates Apparatus Steph				11:30-12:25pm Instructor Class Elisabeth	10:30-11:45am TRX Express Courtney
					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	4:30-5:15pm KCycle Elisabeth	5:30-6:25pm Pilates Apparatus Courtney		SUNDAY
6:30-7:25pm Beginner Pilates Apparatus Jean	5:30-6:25pm Pilates Apparatus Steph	5:30-6:25pm Pilates Mat Sculpt Jean	5:30-6:25pm KC Barre Natalie		9:30-10:25am KC Barre Kathleen
6:30-7:15pm KCycle Elisabeth	5:45-6:40pm KC Barre Kathleen	6:15-7:10pm TRX Strength Kathleen	6:30-7:25pm 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	6:30-7:25pm Pilates Apparatus Jean	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.
- 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).