



Late Spring/Early Summer 2019 Schedule

Monday

9:30am - Pilates Group Reformer: Stacey*
11:00am - Pilates Group Reformer: Stacey*
5:30pm - Yoga Basics: Resume Summer 2019

Tuesday

9:00am - Mindful Morning Flow: Resume Summer 2019
11:00am - Pilates Group Reformer: Stacey*
1:00pm - Pilates Group Reformer: Stacey*
6:00pm - Align & Flow Yoga: Kyla†

†(Two for Tuesdays Night Yoga - 2 ppl for \$18, punch cards not eligible for 2 for 1 pricing)

Wednesday

11:00am - Pilates Group Reformer: Stacey*
12:00-12:50pm - Yoga Lunch Hour: Stacey
1:00pm - Pilates Group Reformer: Stacey*
4:00pm - Pilates Group Reformer: Stacey*
5:30pm - Prenatal Yoga: Stacey‡
‡Prenatal - Drop ins Welcome for \$18 a class.
Sign up at info@trinitywellnessfrisco.com

Thursday

9:00am - Align & Flow Yoga: Stacey
11:00am - Pilates Group Reformer: Stacey*
1:00pm - Pilates Group Reformer: Stacey*
4:00pm - Align + Flow Yoga: Isabelle
5:30pm - Breathe + Flow Yoga: Isabelle

Friday

1:00pm - Pilates Group Reformer: Stacey*

Saturday

9:30am - Yoga Morning Flow: Floating Instructor*
Call to make a reservation at least 12 hours prior for class
11:00am - Pilates Group Reformer: Stacey*

Sunday

10:00am - Restorative Yoga Morning Flow: Lindsay

Schedule Subject to Change
Private Sessions Available - Call to schedule

*Reservation required for Pilates Reformer classes to reserve space on the equipment for Saturday Yoga morning classes.

Awaken Strength and Beauty from Within