SCHEDULE Pilates

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|---|---|---|--|--|--|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| 6:00-6:50 am Reformer Challenge | 6:00-6:50 am Tower | 6:00-6:50 am Chair & Barrels | 6:00-6:50 am Reformer Challenge | 6:00-6:50 am Tower | | | |
| | 6:00-6:30 am TRAMP | 6:00-6:50 am Cardio Sculpt | 6:00-6:30 am TRAMP | | | | |
| 9:00-9:30 am Reformer On Ramp | 9:00-9:30 am TRAMP | 9:00-9:50 am Ball Flow | | 9:00-9:30 am TRAMP | 8:15-9:05 am Reformer Challenge | 9:00-9:50 am Barre Burn | |
| 9:30-10:20 am Tower | 9:30-10:20 am Barre Burn | 9:30-10:20 am Tower | 9:00-9:50 am Cardio Sculpt | 9:30-10:20 am Reformer Challenge | 8:30-9:20 am Tower | 10:00-10:30 am Core द्द Restore | |
| 12:00-12:30 pm Chair On Ramp | 12:00-12:30 pm Reformer On Ramp | 12:00-12:30 pm Chair On Ramp | 12:00-12:30 pm Reformer On Ramp | 12:00-12:50 pm Barre Burn | 9:00-9:50 am Mat Essentials | 10:00-10:30 am Reformer On Ramp | |
| 12:30 - 1:00 pm Arms & Abs | 12:30 - 1:00 pm TRAMP | 12:30 - 1:00 pm Cardio Kettlebells | 12:30 - 1:00 pm Arms & Abs | | 9:30-10:00 am Reformer On Ramp | 10:30-11:00 am TRAMP | |
| | | | | | 10:00-10:30 am Blast OFF | 10:30-11:20 am Reformer Essentials | |
| 5:30-6:00 pm Reformer On Ramp | | 5:30-6:00 pm Reformer On Ramp | | | 10:30-11:20 am Ball Flow | | |
| 5:30-6:00 pm Cardio Kettlebells | 5:30-6:00 pm Arms & Abs | 5:30-6:20 pm Barre Burn | 5:30-6:20 pm Reformer Essentials | | | | |
| 6:00-6:30 pm TRAMP | 6:00-6:50 pm ZUMBA® | 5:30-6:20 pm Pilates Circuit | 5:30-6:00 pm Blast OFF | MAT & CARDIO (INCLUDED IN) | MAT & CARDIO CLASSES (INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE) | | |
| 6:00-6:50 pm Tower | 6:00-6:30 pm Reformer on Ramp | 6:00-6:30 pm TRAMP | 6:00-6:50 pm ZUMBA® | CARDIO TRAMP CLASS (INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE) | | | |
| 6:00-6:50 pm Ball Flow | | 6:30-7:20 pm Mat Challenge | | GROUP EQUIPMENT CLASSES (INCLUDED IN YOUR EQUIPMENT OR COMBO PACKAGE) | | | |
| | 6:00-6:50 am Reformer Challenge 9:00-9:30 am Reformer On Ramp 9:30-10:20 am Tower 12:00-12:30 pm Chair On Ramp 12:30 - 1:00 pm Arms & Abs 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Cardio Kettlebells 6:00-6:30 pm TRAMP 6:00-6:50 pm Tower 6:00-6:50 pm | 6:00-6:50 am Reformer Challenge 6:00-6:50 am Tower 9:00-9:30 am Reformer On Ramp 9:00-9:30 am TRAMP 9:00-9:30 am Reformer On Ramp 9:00-9:30 am TRAMP 9:30-10:20 am Tower 9:30-10:20 am Barre Burn 12:00-12:30 pm Chair On Ramp 12:00-12:30 pm Reformer On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Arms Ef Abs 5:30-6:00 pm Cardio Kettlebells 5:30-6:00 pm Arms Ef Abs 5:30-6:00 pm Cardio Kettlebells 6:00-6:50 pm ZUMBA® 6:00-6:30 pm Tower 6:00-6:50 pm Reformer on Ramp | 6:00-6:50 am Reformer Challenge 6:00-6:50 am Tower 6:00-6:50 am Chair & Barrels 9:00-9:30 am Reformer On Ramp 9:00-9:30 am TRAMP 9:00-9:50 am Ball Flow 9:30-10:20 am Tower 9:30-10:20 am Barre Burn 9:30-10:20 am Tower 12:00-12:30 pm Chair On Ramp 12:00-12:30 pm Reformer On Ramp 12:00-12:30 pm Chair On Ramp 12:30 - 1:00 pm Arms & Abs 12:30 - 1:00 pm TRAMP 12:30 - 1:00 pm Chair On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Arms & Arms & Abs 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Arms & Arms & Abs 5:30-6:20 pm Barre Burn 6:00-6:30 pm TRAMP 6:00-6:50 pm ZUMBA® 5:30-6:20 pm Barre Burn 6:00-6:50 pm Tower 6:00-6:30 pm Reformer on Ramp 6:00-6:30 pm TRAMP | 6:00-6:50 am Reformer Challenge 6:00-6:50 am Tower 6:00-6:50 am Chair & Barrels 6:00-6:50 am Reformer Challenge 9:00-9:30 am Reformer On Ramp 9:00-9:30 am TRAMP 9:00-9:50 am Ball Flow 9:00-9:50 am Cardio Sculpt 9:00-9:50 am Cardio Sculpt 9:30-10:20 am Tower 9:30-10:20 am Barre Burn 9:30-10:20 am Tower 9:00-9:50 am Cardio Sculpt 9:00-9:50 am Cardio Sculpt 12:00-12:30 pm Chair On Ramp 12:00-12:30 pm Reformer On Ramp 12:00-12:30 pm Chair On Ramp 12:00-12:30 pm Reformer On Ramp 12:00-12:30 pm Chair On Ramp 12:00-12:30 pm Reformer On Ramp 12:30-1:00 pm Cardio Kettlebells 12:30-1:00 pm Reformer On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Arms & Abs 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Cardio Kettlebells 5:30-6:00 pm Arms & Abs 5:30-6:20 pm Barre Burn 5:30-6:00 pm Reformer On Ramp 5:30-6:00 pm Cardio Kettlebells 6:00-6:50 pm ZUMBA* 5:30-6:00 pm Barre Burn 5:30-6:00 pm Reformer On Ramp 6:00-6:30 pm TRAMP 6:00-6:30 pm Reformer on Ramp 6:00-6:30 pm Reformer on Ramp 6:00-6:30 pm Cardio Kettlebells 6:00-6:50 pm ZUMBA* | 6:00-6:50 am Reformer Challenge 6:00-6:50 am Tower 6:00-6:50 am Chair & Barrels 6:00-6:50 am Reformer Challenge 6:00-6:50 am Tower 9:00-9:30 am Reformer On Ramp 9:00-9:30 am TRAMP 9:00-9:30 am Ball Flow 9:00-9:50 am TRAMP 9:00-9:30 am Reformer On Ramp 9:00-9:30 am TRAMP 9:00-9:50 am Ball Flow 9:00-9:50 am TRAMP 9:00-9:50 am TRAMP 9:00-9:50 am Barre Burn 9:00-9:50 am TRAMP | 6:00-6:50 am Reformer Challenge 6:00-6:50 am Tower 6:00-6:50 am Chair & Barrels 6:00-6:50 am Reformer Challenge 6:00-6:50 am Tower 6:00-6:50 am Tower 9:00-9:30 am Reformer On Ramp 9:00-9:30 am TRAMP 9:00-9:50 am Ball Flow 9:00-9:30 am TRAMP 9:00-9:30 am Ball Flow 9:00-9:30 am Reformer Challenge | |

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DON'T FORGET

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You can schedule classes right from your phone through the MindBody App.