



Pilates Class Schedule

6434 E Mockingbird Lane, Ste 210, Dallas, TX 75214
 Tel: 214 553 8771 www.pilatesunlimited.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
6.30 am		Pilates (mixed level)				
7.00 am			Pilates (mixed level)		Pilates and Weights	
8.30 am						Pilates ** (int/adv)
9.00 am		Pilates ** (int/adv)		Pilates (mixed level)		
10.00 am						Basic Pilates
11.00 am		Pilates * (a little slower)				
Evening						
6.00 pm		Pilates (mixed level)		Pilates (mixed level)		
7.00 pm	Basic Pilates		Pilates (int/adv)			

Pilates Primer

Saturdays at 11.15am – 12.45pm on the following dates: **February 23 / April 5 / May 3 / June 7**

For 90 minutes, we will provide you with a clear understanding of Pilates fundamentals. We will use bands, belts, balls and bricks to help facilitate all of your key connections. The \$20 per session fee includes a flexband. Reservations required

Please arrive on time. Please turn off your cell phone. If class is in progress, please use Gym entrance.

All group classes are 55 minutes

* A little slower with focus on fundamentals and using props to enhance learning

** Not recommended for beginners