



WINTER 2020 Schedule

Monday

9:30am - Pilates Group Reformer: Stacey*
11:00am - Pilates Group Reformer: Stacey*
1:00pm - Pilates Group Reformer: Stacey*
5:30pm - Yoga Basics: Watch for a new 3 week series in early 2020

Tuesday

9:00am - Mindful Morning Flow: Marja*
10:10am - Pilates Group Reformer: Stacey*
2:00pm - Pilates Group Reformer: Stacey*
4:30pm - Pilates Group Reformer: Stacey*

Wednesday

9:00am – Yoga/Pilates Mat: Stacey
11:00am - Pilates Group Reformer: Stacey*
5:45pm - Prenatal Yoga: Stacey†
†Prenatal - Next five week series starts February 5th.
Minimum of 3 registered participants needed for series.
Drop ins Welcome for \$18 a class during a running series.
Sign up at info@trinitywellnessfrisco.com

Thursday

9:00am – Mindful Morning Flow: Stacey*
10:10am - Pilates Group Reformer: Stacey*
4:30pm - Align, Flow + Inversions Workshop: Isabelle*
5:45pm - Breath + Flow: Isabelle*

Friday

10:00am - Yoga Flow: Laurie*
1:00pm - Pilates Group Reformer: No class Winter 2020

Saturday

9:30am - Yoga Morning Flow: Stacey*
Call to make a reservation at least 12 hours prior to class
11:00am - Pilates Group Reformer: Stacey*
1:00pm - Pilates Group Reformer: Stacey*

Sunday

10:00am - Restorative Yoga Morning Flow: Lindsay*
Call to make a reservation at least 12 hours prior to class

Schedule Subject to Change

Private Sessions Available - Call to schedule

*Reservation required for Pilates Reformer classes to reserve space on the equipment as well as for all other classes.

Awaken Strength and Beauty from Within