

Tom Landry Fitness Plus Schedule October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00 am Tread and Shred Cardio Floor		
				6:30 am High Performance Reformer Pilates Studio D Terry Reynolds	
			7:00 am High Performance Reformer Pilates Studio D Marie Chandler		
	8:00 am High Performance Reformer Pilates Studio D Marie Chandler	8:00 am Traditional Pilates Reformer Class Studio D Terry Reynolds		8:00 am Traditional Pilates Reformer Class Studio D Terry Reynolds	
			8:30 Am BOGA Fit Mat Large Pool		
9:30 am Traditional Pilates Reformer Class Studio D Terry Reynolds	9:30 am BOGA Fit Mat Large Pool				9:00 am BOGA Fit Mat Large Pool
	10:00 am Traditional Pilates Reformer Class Studio D Colleen Landwerlen		10:00 am Traditional Pilates Reformer Class Studio D Joan Wilkinson	10:00 am High Performance Reformer Pilates Studio D Nini Fleetwood	10:00 am High Performance Reformer Pilates Studio D Terry Reynolds
	11:00 am Traditional Pilates Reformer Class Studio D Colleen Landwerlen		11:00 am Traditional Pilates Reformer class Studio D Colleen Landwerlen		
		12:00 pm High Performance Reformer Pilates Studio D Marie Chandler			
	6:00 PM BOGA Fit Mat Large Pool				
			6:30 pm High Performance Reformer Pilates Studio D Terry Reynolds		

*Single class \$30, 10 classes (member) \$200, 10 classes (nonmember) \$250, or unlimited classes (including BTLFC membership) \$200 per month plus tax. Please contact membership at 214.820.7872 for more information.