

Tom Landry Fitness Plus Schedule August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00 am Tread and Shred Cardio Floor Matthew Ward		
				6:30 am High Performance Reformer Pilates Pilates Studio Terry Reynolds	
			7:00 am Reformer Spring Board Pilates Studio Marie Chandler		
	8:00 am High Performance Reformer Pilates Pilates Studio Marie Chandler	8:00 am Traditional Pilates Reformer Class Pilates Studio Terry Reynolds		8:00 am Traditional Pilates Reformer Class Pilates Studio Terry Reynolds	
		8:00 am Bodhi Suspension HP Studio Vennie Jones	8:00 am Float Your Mat Large Pool Jill Nicholas		<u>SATURDAY</u> <u>AUGUST 4 & 11</u> 9:00 AM <u>FLOAT YOUR MAT</u> <u>CANCELED</u>
9:30 am Traditional Pilates Reformer Class Pilates Studio Terry Reynolds	9:30 am Float your Mat Large Pool Annalisa McKinney				9:00 am Float Your Mat Large Pool Jill Nicholas
	10:00 am Traditional Pilates Reformer Class Pilates Studio Vennie Jones		10:00 am Traditional Pilates Reformer Class Pilates Studio Joan Wilkinson	10:00 am High Performance Reformer Pilates Pilates Studio Nini Fleetwood	10:00 am High Performance Reformer Pilates Pilates Studio Terry Reynolds
			11:00 am Traditional Pilates Reformer class Pilates Studio Vennie Jones		
12:00 pm Reformer Spring Board Pilates Studio Vennie Jones		12:00 pm High Performance Reformer Pilates Pilates Studio Vennie Jones			
			6:30 pm High Performance Reformer Pilates Pilates Studio 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.