



Fall 2022 Schedule

Reservations are required for all classes.

Monday

2:00pm - Pilates Group Reformer: Stacey*

Tuesday

11:00am - Pilates Group Reformer: Stacey*

4:15pm - Pilates Group Reformer: Stacey*

Wednesday

9:30am – Yoga/Pilates Mat: Stacey*

5:45pm - Prenatal Yoga: Stacey‡

‡Prenatal – Single Reservations Welcome for \$20 a class while series is occurring.
\$80 for 5 week series and \$150 for 10 week series (consecutive weeks).

Sign up at info@trinitywellnessfrisco.com

Class when there are 3+ people who sign up for a new series.

Call or email for more information on class list.

Thursday

11:00am - Pilates Group Reformer: Stacey*

4:15pm - Pilates Group Reformer: Stacey*

Friday

10:00pm - Pilates Group Reformer: Stacey*

2:00pm - Pilates Group Reformer: Stacey*

Saturday

11:00am - Pilates Group Reformer: Stacey*

Sunday

9:00am - Restorative Yoga Morning Flow: Stacey*

Call to make a reservation at least 24 hours prior for class

Schedule Subject to Change
Private Sessions Available - Call to schedule

*Reservation required for **all** classes to reserve space on the equipment and for basic accommodations.
We are unable to accommodate drop-ins for any of the classes on the schedule.

Awaken Strength and Beauty from Within