



schedule is subject to change and excludes some holidays

MON	9:00 AM	ALL LEVELS MAT PILATES
	10:00 AM	ALL LEVELS REFORMER
TUE	8:30 AM	ALL LEVELS REFORMER
	9:30 AM	ALL LEVELS REFORMER
	10:30 AM	ALL LEVELS REFORMER
	12:00 PM	ALL LEVELS MAT PILATES
	1:00 PM	ALL LEVELS MAT PILATES
	6:00 PM	ALL LEVELS REFORMER
WED	8:00 AM	ALL LEVELS MAT PILATES
	10:00 AM	ALL LEVEL MAT PILATES
	11:00 AM	ALL LEVEL MAT PILATES
THU	8:00 AM	ALL LEVELS MAT PILATES
	9:30 AM	ALL LEVELS REFORMER
	10:30 AM	ALL LEVELS REFORMER
	11:30 AM	ALL LEVELS MAT PILATES
	12:30 PM	ALL LEVELS MAT PILATES
FRI	8:00 AM	ADANCED REFORMER
	9:30 AM	ALL LEVELS REFORMER
	10:30 AM	ALL LEVELS REFORMER
	12:00 PM	ALL LEVELS REFORMER
SAT	9:00 AM	ALL LEVEL MAT PILATES
	9:00 AM	BOOTY/ ABS REFORMER

Book your next appointment through Mindbody!

For more information, visit www.tylerphysicaltherapy.com or email us at

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