

Tom Landry Fitness Plus Schedule March 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 High Performance Reformer Pilates 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 | | 8:30 Am Float Your Mat Large Pool Martina Carvalho | | |
| 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 |
| | 10:15 am Traditional Pilates Reformer Class Pilates Studio Colleen Landwerlen | | 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 |
| | 11:15 am Traditional Pilates Reformer Class Pilates Studio Colleen Landwerlen | | 11:00 am Traditional Pilates Reformer class Pilates Studio Colleen Landwerlen | | |
| 12:00 pm High Performance Reformer Pilates Pilates Studio Vennie Jones | | 12:00 pm High Performance Reformer Pilates Pilates Studio Vennie Jones | | | |
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| | | | 6:30 pm High Performance Reformer Pilates Pilates Studio Terry Reynolds | | |
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*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.