

# april

PILATES ▼ YOGA ▼ GYROTONIC® ▼ MASSAGE ▼ MUAY THAI KICKBOXING



"Igniting the mind, body and spirit."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6AM Pilates REFORMER Natalie		6AM Pilates REFORMER Natalie		8am Pilates Jump Board Natalie
11AM COMBAT CONDITIONING Thor	9am Pilates Matwork Natalie	9AM-10:30AM YOGA MIX Jo	9am GYROKINESIS® Natalie	9AM-10:30AM YOGA MIX Jo	9am Pilates Matwork Kelly	9AM Pilates Matwork Mix Brenden
	1pm PILATES Level 1 Mat Natalie	12pm Pilates Matwork Jan		11am Pilates Matwork Jan		10AM YOGA MIX Linda
				12pm TRX Tina Hazel		
7pm Pilates Matwork Kelly	6:00pm-7:15pm YOGA MIX Jo			5:30PM-6:30PM YOGA MIX Jo		
	7:30PM Pilates Matwork Brenden	6:45-8:00+PM Muay Thai KICKBOXING Team CATALYST	6PM PILATES MATWORK KELLY	6:45-8:00+PM Muay Thai KICKBOXING Team CATALYST		

## TRX

Thursdays 12pm  
April 8<sup>th</sup>- May 13<sup>th</sup>  
\$90/session  
Class limited to 6

Call :  
Tina Hazel 657-7327

# \$5

## YOGA

Mon 6pm, Tues 9am,  
Thurs 9am & 5:30pm, Sat. 10am

# got abs?

## core challenge is back!

- 6 weeks (April 11<sup>th</sup>-May 22<sup>nd</sup>)
- 2 classes per week
- Choose from: Pilates Matwork, Gyrokinesis®, Muay Thai kickboxing or Combat Conditioning Classes
- Prizes raffled everyday
- GRAND PRIZE raffle last class
  - 1 ticket per attendance into the GRAND PRIZE raffle
  - bring a friend (new to TRILOGY) for \$5 and you receive 5 tickets into the GRAND PRIZE raffle

### Class Times:

Sunday	11am	Conditioning	7pm	Pilates Matwork
Monday	9am	Pilates Matwork	7:30pm	Pilates Matwork
Tuesday	12pm	Pilates Matwork	7pm	Kickboxing
Wednesday	9am	Gyrokinesis®	6pm	Pilates Matwork
Thursday	11am	Pilates Matwork	7pm	Kickboxing
Friday	9am	Pilates Matwork		
Saturday	9am	Pilates		

