



PILATES 1901

tschool



2019 FALL SCHEDULE

www.tschoolonline.com



FALL 2019 T SCHOOL CALENDAR

▶ Clean 21 Intro Workshop

- Saturday, September 28, 2019
- 12:00 -1:30 pm
- @ Centered Spirit 8131 Wornall KCMO 64114

▶ Pantry Prep and Shopping Guide

- Wednesday, October 2, 2019
- 6:30 -7:30 pm
- @ Whole Foods Market Brookside

▶ Baseline Group Assessments

- Saturday, October 5, 2019
- 11:30 am -1:00 pm
- @ Pilates 1901 222 W Gregory Blvd, Suite G1 KCMO 64114

▶ Clean 21 Jumpstart October 5-Oct 26, 2019

▶ Clean and Simple Meal Prep

- Wednesday, October 9, 2019
- 6:30 -7:30 pm
- @ Tina Sprinkle's Home 5909 Alhambra Fairway, Ks 66205

▶ Optimizing Protein for Weight Loss with Dr Khati Kapur

- Saturday, Sept 19, 2019
- 12:00 pm -1:30 pm
- @ Centered Spirit 8131 Wornall KCMO 64114

▶ Food and Mood- The Practice of Mindful Eating with Suba Nadarajah

- Sunday, Oct 13, 2019
- 11:30 am
- @ Pilates 1901

▶ Follow Up Group Assessments

- Saturday, October 26, 2019
- 11:30 am - 1:00 pm
- @ Pilates 1901

tschool