



2019 FALL SCHEDULE
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PILATES 1901

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FALL 2019 T SCHOOL EVENTS 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 51st & 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

* Food and Mood- The Practice of Mindful Eating with Suba Nadarajah
 Sunday, Oct 13, 2019
 11:00 am
 @ Pilates 1901

* Optimizing Protein for Weight Loss with Dr Khyati Kapur
 Saturday, Oct 19, 2019
 12:00 pm -1:30 pm
 @ Centered Spirit 8131 Wornall KCMO 64114

* Follow Up Group Assessments
 Saturday, October 26, 2019
 11:30 am - 1:00 pm @ Pilates 1901



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