

WINTER CLASS SCHEDULE 2020

MONDAY

8:00 • 20/20/20 Studio Cross Training • Annette / Alisia / Valerie
9:15 • Pilates Interval Circuit Training • Annette
3:15 • Pilates Reformer Teachers Choice Class • Alisia
5:30 • Pilates Tower Class • Kalli

TUESDAY

6:00 • Restore & Recover Yoga Class • Adam

WEDNESDAY

7:00 • Intermediate/advanced Reformer • Annette
8:00 • Team In Sequence Equipment class • Annette / Cher
12:15 • Guided Meditation Class • Kristin
2:15 • Teachers Choice On Pilates Apparatus • Alisia
5:30 • The Art Of Poi • Tia

in

sequence

equipment

THURSDAY

9:15 • Team In Sequence • Annette / Valerie
5:00 • The Art Of Bellydance • Tia
6:00 • Restore & Recover Yoga Class • Adam

FRIDAY

8:00 • Team In Sequence Equipment Class • Carly/Alisia
12:15 • Kundalini Yoga • Siri Karam

SATURDAY

8:45 • Crosstraining on Pilates Apparatus • Annette
3:30 • Stretch It Out Floor Class (all the toys) • Annette

SUNDAY

10:00 • Asana Align & Flow Yoga Class • Adam

For classes or private reservations, please call 970.708.0717
700 W Colorado Ave, Telluride, CO 81435 • www.telluride-sequence.com