

# Thanksgiving Class Schedule



**Thanksgiving Day** 8:00am Cardio Pilates- EP True  
8:30am Strength Training- Grand

**Friday, Nov 24<sup>th</sup>** 6:00am Group Mat/Reformer- EP True  
8:00am Group Mat/Reformer- EP True  
8:30am Mixed Level Yoga- Grand  
10:00am Group Mat/Reformer- EP True  
12:15pm Barre- EP True

**Saturday, Nov 25<sup>th</sup>** 8:00am Group Mat/Reformer- EP True  
10:15am Pilates Mat- Grand

**Sunday, Nov 26<sup>th</sup>** 10:00am Mixed Level Yoga-Grand  
11:30am Level 1/Gentle Yoga-Grand  
1:00pm Recovery Yoga-Grand

**PRIVATE and DUET APPTS available by request**

**\*DM Address- 4715 Grand Avenue, Des Moines 50312**

**\*WDM Address- 4825 EP True Parkway Suite 101, West Des Moines 50266**