

Omnipilates

REFER A FRIEND RECEIVE A SESSION FREE

YOGA, YOGA, YOGA

No classes for July. Enjoy this time of rest and restoration!

August Classes to be announced soon

USE YOUR VOICE!

Vote us the BEST in the West!!

<http://promotions.lubbockonline.com/Best-of-Lubbock-2018/>

FACEBOOK LIVE WORKOUTS RETURN

Tune in for our live BACK to SCHOOL workouts in August on Wednesday's at 7am. These workouts will focus on foundational movements, check in with us for a 20-30minute workout to start your day!

NEW CLASSES

New classes are here!

Express Pilates Mat: Monday - Friday 12:15PM

Men/Women Fit & Tone - Tuesday & Thursday 5:30PM

See schedule below...

REVIEW US ON FACEBOOK AND YELP

Leave a review on Facebook or Yelp for a 20% discount on drop-ins! *

*not including introductory sessions

ALSO HAPPENING:

NEW DISCOUNTS ON THE WAY

We want to invite military, veterans, first responders, students, teachers, and professors!

Summer special class discounts until August 15

Make sure to come in and try our new classes!




www.omnipilates.com

LOST AND FOUND

We have found a bunch of your things around the studio please pick them up if you like, or we will donate them by July 31st!



Omn PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Essential Morning Rise		8:30AM Essential Morning Rise				
	9:00AM Essential Morning Rise		9:00AM Essential Morning Rise			
12:15PM Express Mat Pilates	12:15PM Express Mat Pilates	12:15PM Express Mat Pilates	12:15PM Express Mat Pilates	12:15PM Express Mat Pilates	1:00PM Essential Fit & Tone	
						
2:00PM Essential Fit & Tone	2:00PM Essential Fit & Tone	2:00PM Essential Fit & Tone	2:00PM Essential Fit & Tone			
6:15PM Men/Women's Fit & Tone	5:30PM Men/Women's Fit & Tone	6:15PM Men/Women's Fit & Tone	5:30PM Men/Women's Fit & Tone			

All Private Group, Duet, and Private Sessions are by appointment.

Call us to schedule your appointment 806-701-5444