

TRIPILATES CLASS SCHEDULE

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SPRING 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Lessons by request only	8:30a Reformer Progressions (6-weeks only) **NEW	8:30a Pilates Core Mat Circuit!	8:30a SILKS!	*	**8:30a Advanced Intermediate Reformer	8:00a Reformer
9:00a Beginner Reformer	9:30a MAT ** NEW TIME	9:30a Reformer	9:30a Tower	9:30a Reformer	**9:30a Low Chair/ Mat	9:15a Reformer – Jumpboard / Cardio Circuit!
10:30a Tower	*	*	*	*	*	10:30a Yoga or 10:30 Mat
*	*	*	*	*	*	11:30a Reformer – Open to All
	*	5:30p Reformer – Open to All	*	*	5:30p Reformer – Open to All (new)	12:30p Monthly MELT
	*	6:30p MAT	6:30p Reformer - Open to All	6:30p Reformer	*	APR 1 MAY 6
	7:30p Low Chair/ Reformer Jump Board	7:30p Reformer	7:30p Advanced Intermediate Reformer	7:30p MAT		SPRING WORKSHOPS APRIL 8 & APRIL 29 1-3p
	*	8:30p SILKS!	*	*		PLEASE CHECK ONLINE FOR MOST UP-TO-DATE SCHEDULING

- **ALL OPEN TIMES ARE AVAILABLE FOR PRIVATE, SEMI-PRIVATE, & TRIO LESSONS,**
- **ONLINE SCHEDULING, email @ info@tripilates.com, or call the studio @ (847) 698-6338 ***