

TRIPILATES CLASS SCHEDULE

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NOVEMBER/DECEMBER 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|----------------------|-------------------------------|-----------------------------------|-------------------|--|---|
| Private Lessons by request only | * | 8:30a SILKS! ** NEW DAY | 8:30a MAT NEW CLASS** | * | 6:00a REFORMER **NEW TIME 8:30a Pilates Core CIRCUIT! | 8:00a Reformer |
| 9:00a Reformer | 9:30a MAT | 9:30a Reformer | 9:30a WUNDA CHAIR | 9:30a Reformer | 9:30a TOWER | 9:00a REFORMER PLUS **NEW TIME |
| 10:30a Tower | * | * | * | * | * | 10:00a Reformer **NEW TIME |
| * | * | * | * | * | * | 11:00a YOGA (75 min) **NEW TIME |
| | * | 5:30p Reformer | * | * | | 12:30p Pilates for TEENS! **NEW TIME |
| | * | 6:30p MAT | * | 6:30p Reformer | * | MONTHLY MELT (see online schedule) |
| | 7:30p WUNDA CHAIR | 7:30p Reformer * | 7:30p INT/ADVANCED Reformer | 7:30p MAT | | |
| | * | 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 ***