

TRIPILATES CLASS SCHEDULE

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JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a Reformer	*	8:30a SILKS!	8:30a MAT w/PROPS	*	6:00a REFORMER 8:30a Pilates Core Circuit	8:00a Reformer
9:00a Reformer	9:30a MAT	*	9:30a TOWER	9:30a Reformer	9:30a MIXED APPARATUS	9:00a REFORMER PLUS
	*	*	*	*	*	10:00a Reformer
*	*	*	*	*	*	11:00a YOGA (75 min)
	*	5:30p Reformer	*	*	PAT GUYTON PRESENTS FRANKLIN WORKHOP JAN 26 6-9p	
PAT GUYTON WORKSHOPS JAN 28 (8:30-10:30, 10:30-12:30 1:30-5:30)	*	*	*	6:30p Reformer	*	PAT GUYTON WORKSHOPS JAN 27 (8:30-10:30, 10:30-12:30 1:30-5:30) (reserve online)
	7:30p LOW CHAIR/TOWER	7:30p Reformer *	7:30p INT/ADVANCED Reformer	7:30p MAT		
	*	*	*	*		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 ***