

# TRIPILATES CLASS SCHEDULE

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## JANUARY 2018

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

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