

# TRIPILATES CLASS SCHEDULE

640 Busse Highway, Park Ridge, IL 60068 (847) 698-6338 | [info@tripilates.com](mailto:info@tripilates.com) | [www.tripilates.com](http://www.tripilates.com)

## SUMMER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a <b>Reformer</b>	*	*	8:30a <b>SILKS!</b>	*	6:00a <b>REFORMER</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>Low Chair/Mat</b>	9:00a <b>Reformer Plus</b>
<b>* Private Lessons by Appointment Request</b>	*	*	*	*	*	10:15a <b>YOGA (new time)</b>
*	*	*	*	*	*	
	*	*	*	*		
	*	*	*	6:30p <b>Reformer</b>	*	<b>MELT METHOD WORKSHOP</b>  <b>July 7 12:00p</b>  <b>(reserve online )</b>
	7:30p <b>LOW CHAIR</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 \***