

TRIPILATES CLASS SCHEDULE

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WINTER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a Reformer	*	*	8:30a SILKS!	*	6:00a REFORMER	8:00a Reformer
9:00a Reformer	9:30a MAT	8:30a CARDIO CORE (every other week)	9:30a TOWER	9:30a Reformer	9:30a Low Chair/Mat	9:00a Reformer PLUS (Cardio Springs!)
* Private Lessons by Appointment Request	*	*	*	*	*	10:30 YOGA
*	*	*	*	*	*	
	*	*	*	*		
	*	*	*	6:30p Reformer	*	
	7:30p LOW CHAIR	7:30p Reformer *	7:30p Reformer PLUS	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 ***