

# TRIPILATES CLASS SCHEDULE

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## SUMMER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a <b>Reformer</b>	*	8:30a <b>Pilates Core Circuit</b>	8:30a <b>SILKS!</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 (Cardio Springs!)</b>
<b>* Private Lessons by Appointment Request</b>	*	*	*	*	*	10:30a <b>Forrest-Style YOGA</b>
*	*	*	*	*	*	
	*	*	*	*		
	*	*	*	6:30p <b>Reformer</b>	*	
	7:30p <b>STRAP CHAIR</b>	7:30p <b>TOWER *</b>	7:30p <b>TBD</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 \***