

TRIPILATES CLASS SCHEDULE

640 Busse Highway, Park Ridge, IL 60068 (847) 698-6338 | info@tripilates.com | www.tripilates.com

Winter 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a Reformer	*	*	8:30a SILKS!	*		8:00a Reformer
*	9:30a MAT	9:30a Reformer – Open to All NEW	9:30a TOWER	9:30a Reformer	9:30a Low Chair/Mat	9:00a Reformer PLUS
* Private Lessons by Appointment Request	*	*	*	*	*	10:30a Forrest-Style YOGA
*	*	*	*	*	*	CLOSED 12/31 evening only, 1/1/20 ONLY
	*	*	*	*		
	*	6:30p SILKS! NEW	*	6:30p Reformer – Open to All	*	
	7:30p STRAP CHAIR	7:30p TOWER *	7:30p Cardio Springs/ 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 ***