

TRIPILATES CLASS SCHEDULE

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Winter 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*	*	8:30a DUET TOWER	*	*	8:00a Duet Reformer
	9:30a Duet MAT and VIRTUAL MAT	9:30a Duet Reformer – Open to All COMING SOON	9:30a DUET TOWER	9:30a Duet Reformer	9:30a Duet Low Chair/Mat	9:00a Duet Reformer PLUS
* Private Lessons by Appointment Request	*	*	*	*	*	10:30a VIRTUAL YOGA
	*	*	*	*		
	6:00p Duet Low Chair	*	*			
	*	7:30p DUET TOWER *	*			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 *