

# TRIPILATES CLASS SCHEDULE

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## Summer 2021

| SUNDAY  | MONDAY                    | TUESDAY                    | WEDNESDAY              | THURSDAY                 | FRIDAY   | SATURDAY  |
|---|---------------------------|----------------------------|------------------------|--------------------------|--|---|
|   | *                         | *                          | 8:30a<br><b>SILKS!</b> | *                        | *  | 8:00a<br><b>Reformer –<br/>Open to All</b>                            |
|   | 9:30a<br><b>MAT</b>       | *                          | 9:30a<br><b>TOWER</b>  | 9:30a<br><b>REFORMER</b> | 9:30a<br><b>Cardio Core/<br/>Barre Pilates</b> | 9:00a<br><b>Reformer PLUS</b>   |
| <b>* Private<br/>Lessons by<br/>Appointment<br/>Request</b> | *                         | *                          | *                      | *                        | *  | 10:30a<br><b>YOGA</b>   |
|   | *                         | *                          | *                      | *                        |  |   |
|   | 6:30p<br><b>Low Chair</b> | *                          | *                      | 6:30p<br><b>MAT</b>      |  |   |
|   | *                         | 7:30p<br><b>TOWER</b><br>* | *                      |                          |  | <b>PLEASE CHECK<br/>ONLINE FOR MOST<br/>UP-TO-DATE<br/>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 \***