

TRIPILATES CLASS SCHEDULE

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FALL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*	*	*	*	*	8:00a Reformer – Open to All
	9:30a MAT	*	9:30a TOWER	9:30a REFORMER	8:30a SILKS! NEW DAY	9:00a REFORMER PLUS
* Private Lessons by Appointment Request	*	*	*	*	*	10:15a YOGA (75 min)
	*	*	*	*		*see online for special workshops coming this Fall
	6:30p Low Chair	6:30p REFORMER	*	*		
	*		*			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 ***