

TRIPILATES CLASS SCHEDULE

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FALL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Lessons by request	*	*	*	*	*	8:00a Reformer – OPEN TO ALL
	9:30a MAT	*	9:30a Tower	9:30a Reformer	9:30a Low Chair/ Mat	9:00a Reformer Plus!
	*	*	*	*	*	10:15a Yoga
	*	*	*	*	*	
		*	*	*	*	
	6:30p LOW CHAIR/ STRAP MAT	6:30p Reformer – OPEN TO ALL	*	*	*	
	*	*	*	*		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 ***