

TRIPILATES CLASS SCHEDULE

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SPRING 2024

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/ Tower	9:00a Adv/Int Reformer (transitions)
	*	*	*	*	*	10:15a Yoga (Forrest-Style) Beginners Welcome
	*	*	*	*	*	
		*	*	*		
	6:30p Low Chair/ Tower	6:30p Reformer – OPEN TO ALL	*	*		
	*	*	*	7:30pm 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 *