

# TRIPILATES CLASS SCHEDULE

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## FALL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Lessons by request		*	8:30a <b>*SILKS! – NEW DAY</b>	*	*	8:00a Reformer – OPEN TO ALL
	9:30a MAT CARDIO CORE WEIGHTS and Surprises	*	9:30a Tower	9:30a Reformer – Advanced Intermediate	9:30a Low Chair/ Tower	9:00a CARDIO SPRINGS (CIRCUIT) 4-8 students
	*	*	*	*	*	10:15a Yoga (Forrest-Style) Beginners Welcome
	*	*	*	*	*	<b>MELT 1<sup>st</sup> Saturday of the month 11:30a</b>
		*	*	*		
	6:30p Low Chair	6:30p Intro Reformer/Low Chair/ Tower alternatng	*	*		
	*	*	*	7:30pm MAT With PROPS		PLEASE CHECK ONLINE FOR MOST UP-TO-DATE SCHEDULING  *weekly surprises

- **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 \***