

# TRIPILATES CLASS SCHEDULE

640 Busse Highway, Park Ridge, IL 60068 (847) 698-6338 | [info@tripilates.com](mailto:info@tripilates.com) | [www.tripilates.com](http://www.tripilates.com)

## WINTER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Lessons by request		*	8:30a <b>*SILKS! – NEW DAY</b>	*	*	8:00a <b>Reformer – OPEN TO ALL</b>
	9:30a <b>MAT and more</b>	*	9:30a <b>Tower</b>	9:30a <b>Reformer – Advanced Intermediate</b>	9:30a <b>Low Chair and more</b>	9:00a <b>Pilates Core Circuit 4-8 students</b>
	*	*	*	*	*	10:15a <b>Yoga (Forrest-Style)</b> Beginners Welcome
	*	*	*	*	*	
		*	*	*		
	6:30p <b>Low Chair and more</b>	6:30p <b>Intro Reformer/Low Chair/ Tower alternatng</b>	*	*		
	*	*	*	7:30pm <b>MAT and more...</b>		<b>PLEASE CHECK ONLINE FOR MOST UP-TO-DATE 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 \***