

TRIPILATES CLASS SCHEDULE

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2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Lessons by request		*	8:30a SILKS! (check online)	*	*	8:00a Reformer – OPEN TO ALL
	9:30a MAT and more	*	9:30a Tower	9:30a Reformer – Advanced Intermediate	9:30a Low Chair and more	9:00a REFORMER PLUS (teacher permission)
	*	*	*	*	*	10:15a Yoga (Forrest-Style) Beginners Welcome
	*	*	*	*	*	
		*	*	*		
	6:30p Low Chair and more	6:30p Reformer and more	*	*		
	*	*	*	6:30p 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 ***