

TRIPILATES CLASS SCHEDULE

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SUMMER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*	*	*	*	*	*
*	*	*	*	*	*	8:00 AM Group Reformer
9:15 Beg/Int Group Mat	9:15 AM Beginner Group Mat	9:30 AM Group Reformer	9:15 AM Beginner/Int Group Mat	9:30 AM Group Reformer	9:15 AM Intermediate Group Mat	9:15 AM Intermediate Group Mat
*	*	*	*	*	10:30 AM Group Low Chair and Tower Class (Intermediate)	10:30 AM NEW! CARDIO SPRINGS! (Intermediate)
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	*	*	*	*		
	*	6:15 PM Intro to Pilates Equipment	6:15 PM Group Reformer	6:15 PM Group Reformer		
	7:15 PM Low Chair and Tower Class	7:30 PM Beginner/ Intermediate Group Mat	7:30 PM Low Chair and Tower Class	7:30 PM Int/Advanced Mat/PILOGA (all levels welcome)		
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*** ALL OPEN TIMES ARE AVAILABLE FOR PRIVATE, SEMI-PRIVATE, & TRIO LESSONS, check online to request a time slot or call the studio @ (847) 698-6338 ***