

TRIPILATES CLASS SCHEDULE

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FALL 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		*	*	*	*	*
Private Lessons by request	*	*	*	*	*	8:00 AM Reformer PLUS
*	9:15 AM Beg/Int Mat	9:30 AM Reformer	9:15 AM Intermediate Mat	9:30 AM Reformer	9:15 AM Intermediate Advanced Mat	9:15 AM Intensive Mat
Coming Soon: special focus workshops	*	*	*	*	10:30 AM Low Chair and Tower (Intermediate)	10:30 AM Cardio Springs (Intermediate)
	*	*	*	*	*	*
	*	*	*	*		*
						Teen or private groups available
		*	*			
	*	6:15 PM Intermediate Mat Teens Welcome!	6:15 PM Intro Equipment	6:15 PM Reformer PLUS	Check online for special monthly PROPS class	
	7:15 PM Low Chair and Tower	7:30 PM Reformer	7:30 PM Tower Power (Cadillac/mat)	7:30 PM Piloga (Int/Adv)		
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* ALL OPEN TIMES ARE AVAILABLE FOR PRIVATE, SEMI-PRIVATE, & TRIO LESSONS, check online, email @ info@tripilates.com, or call the studio @ (847) 698-6338 *