

# TRIPILATES CLASS SCHEDULE

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## WINTER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*	*	*	*	*	*
*	*	*	*	*	*	8:00 AM Group Reformer
9:15 AM Open Mat	9:15 AM Open Mat	9:30 AM Group Reformer	9:15 AM Intermediate Advanced Mat	9:30 AM Group Reformer	9:15 AM Intermediate Advanced Mat	9:15 AM Intensive Mat
*	*	*	*	*	10:30 AM Low Chair and Tower (Intermediate)	10:30 AM CARDIO SPRINGS (Intermediate)
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	*	*	*	*	*	*
	*	*	*	*		
			*			
	*	*	*	*		
		6:30 PM Intro to Equipment (group class)	<b>NEW!</b> 6:15 PM Intensive Mat	6:15 PM Group Reformer		
	7:15 PM Low Chair and Tower	<b>NEW TIME!</b> 7:30 PM Group Reformer	7:30 PM <b>TOWER POWER</b> (Cadillac workout)	7:30 PM <b>PILOGA</b> (pilates/yoga)		
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\* ALL OPEN TIMES ARE AVAILABLE FOR PRIVATE, SEMI-PRIVATE, & TRIO LESSONS, check online, email @ [info@tripilates.com](mailto:info@tripilates.com), or call the studio @ (847) 698-6338 \*