

# TRIPILATES CLASS SCHEDULE

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## WINTER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		*	*	*	*	*
<b>Private Lessons by request only</b>	*	8:15 AM <b>Cardio</b> (BARRE/CORE)	8:15 AM <b>MAT</b>	*	*	8:00 AM <b>Reformer</b>
*	9:15 AM <b>MAT</b>	9:30 AM <b>Reformer</b>	9:30 AM <b>Reformer</b>	9:30 AM <b>Reformer</b>	9:15 AM <b>PROGRESSIVE MAT WORKSHOP NEW!</b> 4 week session starts Jan 6	9:15 AM <b>Rhythm Mat alt w/Cardio NEW!</b>
	*		*	*	10:30 AM <b>Low Chair</b> (Intermediate)	10:30 AM <b>Cardio Springs</b> (every other)
	*	*	*	*	*	<b>NEW!</b> <b>Advanced Equipment Focus</b> (once a month)
	*	*	*	*		*
						<i>private groups by request</i>
		*	*			
	*	6:15 PM <b>MAT</b>	6:15 PM <b>Beg/Int Group Equipment</b>	6:15 PM <b>Reformer PLUS</b>		
	7:15 PM <b>Low Chair &amp; Tower</b>	7:30 PM <b>Reformer</b>	7:30 PM <b>Pilates Circuit</b> (teacher's choice)	7:30 PM <b>Int/Adv Mat &amp; Piloga</b>		
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**\* 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 \***