



The Spa at the Equinox Resort—July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3:00-4:30 Restorative Yoga
2 9-10:30 Core Yoga 11-12 Total Fitness	3 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	4 8:30-10 Restorative Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	5 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	6 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Pool Aerobics	7 8:30-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	8 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3:00-4:30 Restorative
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