



## The Spa at the Equinox Resort—November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30-10 HathaYoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	2 8:30-10 Restorative Yoga 10-11 Zumba 11:12 Pool Aerobics	3 8:30-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	4 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
5	6 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	7 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	8 8:30-10 HathaYoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	9 8:30-10 Restorative Yoga 10-11 Zumba 11:12 Pool Aerobics	10 8:30-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	11 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
12	13 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	14 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	15 8:30-10 HathaYoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	16 8:30-10 Core Yoga 11:15-12 Pool Aerobics	17 8:30-10 Kripalu Yoga	18 10:15-11 Mat Pilates 3-4:30 Restorative Yoga
19	20 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	21 9-10:30 Core Yoga 10:30-11:30 Mat Pilates	22 8:30-10 HathaYoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	23 8:30-10 Restorative Yoga 10-11 Zumba 11:12 Pool Aerobics	24 8:30-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	25 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
26	27 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	28 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	29 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	30 8:30-10 Restorative Yoga 10-11 Zumba 11:12 Pool Aerobics		