



The Spa at the Equinox Resort



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Aqua Tabata 5:30-7 Yoga Flow	2 8:30-10 Feel Good Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba	3 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Pool Aerobics	4 9-10 Yoga Flow 10-11 Ball Pilates 11:15-12 Waterworks	5 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:15 Restorative Yoga
6	7 8:30-10 Yoga Flow 10-11 Mat Pilates 11:15-12 Pool Aerobics	8 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Aqua Tabata 5:30-7 Yoga Flow	9 8:30-10 Feel Good Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba	10 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Pool Aerobics	11 9-10 Yoga Flow 10-11 Ball Pilates 11:15-12 Waterworks	12 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:15 Restorative Yoga
13	14 8:30-10 Yoga Flow 10-11 Mat Pilates 11:15-12 Pool Aerobics	15 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Aqua Tabata 5:30-7 Yoga Flow	16 8:30-10 Feel Good Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba	17 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Pool Aerobics	18 9-10 Yoga Flow 10-11 Ball Pilates 11:15-12 Waterworks	19 8:30-10 Yoga Flow 10:15-12 Mat Pilates 3-4:15 Restorative Yoga
20	21 8:30-10 Yoga Flow 10-11 Mat Pilates 11:15-12 Pool Aerobics	22 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Aqua Tabata 5:30-7 Yoga Flow	23 9-10:30 Yoga/Pilates	24 THANKSGIVING 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Pool Aerobics	25 9-10 Yoga Flow 10-11 Ball Pilates 11:15-12 Waterworks	26 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12:15 ZUMBA 3-4:15 Restorative Yoga
27 9-10:30 Yoga/Pilates Fusion	28 8:30-10 Yoga Flow 10-11 Mat Pilates 11:15-12 Pool Aerobics	29 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Aqua Tabata 5:30-7 Yoga Flow	30 8:30-10 Feel Good Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba			