



The Spa at the Equinox Resort—October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	3 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	4 8:30-10 Kripalu Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	5 8:30-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	6 8:30 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	7 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
8 9-10:30 Core Yoga 4-5:30 Restorative Yoga	9 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	10 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	11 8:30-10 Kripalu Yoga 5:30-7 Core Yoga	12 8:30-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	13 8:30 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	14 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
15	16 8:30-10 Kripalu Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	17 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	18 8:30-10 Kripalu Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba	19 8:30-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	20 8:30 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	21 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
22	23 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	24 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	25 8:30-10 Kripalu Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	26 8:30-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	27 8:30 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	28 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
29	30 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	31 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata				