



The Spa at the Equinox Resort—May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	2 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	3 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	4 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Zumba	5 9-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Water Works	6 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
7	8 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	9 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	10 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	11 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Zumba	12 9-10 Core Yoga 10-11 Pilates Fitball 11:15-12 Pool Aerobics	13 8:30-10 Yoga Flow 10:15-11 Mat Pilates 3-4:30 Restorative Yoga
14	15 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	16 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	17 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	18 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Zumba	19 9-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Water Works	20 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
21	22 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	23 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	24 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	25 9-10 Restorative Yoga 10-11 Zumba 11:15-12 Zumba	26 7:45-8:45 Total Fitness 9-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Water Works	27 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
28 9-10:30 Yoga/Pilates Fusion 11-12 Total Fitness	29 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	30 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	31 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:40-7 Core Yoga			