



The Spa at the Equinox Resort—September 2017

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