



# JUNE 2019

CLASS SCHEDULE: THE EQUINOX RESORT & SPA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:30AM-10AM Core Yoga 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Pool Aerobics
2 12:00PM-1PM Mat Pilates 1:15PM-2PM Pool Aerobics	3 8:30AM-10AM Core Yogs 10AM-11AM Mat Pilates 11:15AM-12PM Pool Aerobics	4 9AM-10PM Stretching For All 10AM-11AM Cardio Fit Ball 11:15AM-12PM Aqua Noodle Tabata	5 8:30AM-10AM Classic Yoga 10AM-11AM Pilates Challenge 11:15AM-12PM Aqua Zumba 5PM-6:30PM Core Yoga	6 10AM-11AM Zumba 11:15AM-12PM Pool Aerobics	7 10AM-11AM Cardio Fit Ball 11:15AM-12PM Waterworks	8 8:30AM-10AM Core Yoga 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Aqua Zumba 3:30PM-5PM Restorative Yoga
9	10 8:30AM-10AM Core Yogs 10AM-11AM Mat Pilates 11:15AM-12PM Pool Aerobics	11 9AM-10PM Stretching For All 10AM-11AM Cardio Fit Ball 11:15AM-12PM Aqua Noodle Tabata	12 8:30AM-10AM Classic Yoga 10AM-11AM Pilates Challenge 11:15AM-12PM Aqua Zumba 5PM-6:30PM Core Yoga	13 10AM-11AM Zumba 11:15AM-12PM Pool Aerobics	14 10AM-11AM Cardio Fit Ball 11:15AM-12PM Waterworks	15 8:30AM-10AM Core Yoga 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Aqua Zumba 3:30PM-5PM Restorative Yoga
16	17 8:30AM-10AM Core Yogs 10AM-11AM Mat Pilates 11:15AM-12PM Pool Aerobics	18 9AM-10PM Stretching For All 10AM-11AM Cardio Fit Ball 11:15AM-12PM Aqua Noodle Tabata	19 8:30AM-10AM Classic Yoga 10AM-11AM Pilates Challenge 11:15AM-12PM Aqua Zumba 5PM-6:30PM Core Yoga	20 10AM-11AM Zumba 11:15AM-12PM Pool Aerobics	21 10AM-11AM Cardio Fit Ball 11:15AM-12PM Waterworks 3PM-3:45PM Pool Aerobics 4:30PM-5:30PM Mat Pilates	22 8:30AM-10AM Core Yoga 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Pool Aerobics 2PM-3PM Zumba 3:30PM-5PM Restorative Yoga
23 12:00PM-1PM Mat Pilates 1:15PM-2PM Pool Aerobics	24 8:30AM-10AM Core Yogs 10AM-11AM Mat Pilates 11:15AM-12PM Pool Aerobics	25 9AM-10PM Stretching For All 10AM-11AM Cardio Fit Ball 11:15AM-12PM Aqua Noodle Tabata	26 8:30AM-10AM Classic Yoga 10AM-11AM Pilates Challenge 11:15AM-12PM Aqua Zumba 5PM-6:30PM Core Yoga	27 10AM-11AM Zumba 11:15AM-12PM Pool Aerobics	28 10AM-11AM Cardio Fit Ball 11:15AM-12PM Waterworks	29 8:30AM-10AM Core Yoga 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Aqua Zumba 2PM-3PM Zumba 3:30PM-5PM Restorative Yoga