



The Spa at the Equinox Resort—April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	3 8:45-10 Yin Yoga 10-11 ZUMBA 11:15-12 Waterworks	4 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30 Core Yoga	5 8:30-10 Fundamentals of Yoga 10-11 Mat Pilates	6 8:30-10 Restorative Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	7 8:30-10 Core Yoga 10:30-11:30 Mat Pilates 3-4:30 Restorative Yoga
8	9 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	10 8:45-10 Core Yoga	11 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30 Core Yoga	12 8:30-10 Fundamentals of Yoga 10-11 Mat Pilates	13 8:45-10 Yoga Flow 10-11 Total Fitness 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 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	17 8:45-10 Yin Yoga 10-11 ZUMBA 11:15-12 Aqua Tabata	18 8:45-10 PRANA Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba	19 8:45-10 Active Stretching 10-11 Cardio Fitball 11:15-12 Pool Aerobics	20 8:45-10 Yoga Flow 10-11 Total Fitness 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 8:45-10 Yin Yoga 10-11 ZUMBA 11:15-12 Aqua Tabata	25 8:45-10 PRANA Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5-6:30 Core Yoga	26 8:45-10 Active Stretching 10-11 Cardio Fitball 11:15-12 Pool Aerobics	27 8:45-10 Yoga Flow 10-11 Total Fitness 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					