



The Spa at the Equinox Resort — February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:45-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	2 8:45-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	3 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 4-5:30 Restorative Yoga
4	5 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	6 8:45-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Tabata	7 8:45-10 Serenity Now 10-11 Mat Pilates 11:15-12 Aqua Zumba 5-6:30 Core Yoga	8 8:45-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	9 8:45-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	10 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 4-5:30 Restorative Yoga
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