



The Spa at the Equinox Resort—January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	2 8:30-10 Yin Yoga 10-11 Total Fitness 11:15-12 Aqua Zumba	3 8:30-10 Serenity Now 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	4 8:30-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	5 8:30-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	6 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics 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 Total Fitness 11:15-12 Aqua Zumba	10 8:30-10 Serenity Now 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	11 8:30-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	12 8:30-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	13 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics 3-4:30 Restorative Yoga
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