

JANUARY 2020

CLASS SCHEDULE: THE EQUINOX RESORT & SPA

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|--|
| | | | 1. 9AM-10AM Yoga 10AM-11PM Pilates Challenge 11:15AM-12PM Aqua ZUMBA | 2. 8:30AM-10AM Restorative Yoga 10AM-11AM ZUMBA 11:15AM-12PM Pool Aerobics | 3. 9AM-10AM Yoga Flow 10AM-11AM Cardio Fitball 11:15AM-12PM Water Works | 4. 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Aqua ZUMBA 3:30PM-5:00PM Yoga Flow |
| 5. 10AM-11AM Mat Pilates 11:15AM-12PM Pool Aerobics | 6. | 7. 10AM-11AM ZUMBA Plus Toning 11:15AM-12PM Waterworks | 8. 10AM-11AM Pilates Challenge 11:15AM-12PM Aqua ZUMBA 5:30PM-6:30PM Kripalu Yoga | 9. 8:30AM-10AM Restorative Yoga 10AM-11AM ZUMBA 11:15AM-12PM Pool Aerobics | 10. 9AM-10AM Yoga Flow 10AM-11AM Cardio Fitball 11:15AM-12PM Aqua ZUMBA 3PM-4PM Pool Aerobics 4:30PM-5:30PM Mat Pilates | 11. 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Pool Aerobics 2PM-3PM-ZUMBA 3:30PM-5:00PM Restorative Yoga |
| 12. 10AM-11AM Mat Pilates 11:15AM-12PM Pool Aerobics | 13. | 14. 10AM-11AM ZUMBA Plus Toning 11:15AM-12PM Waterworks | 15. 10AM-11AM Pilates Challenge 11:15AM-12PM Aqua ZUMBA 5:30PM-6:30PM Kripalu Yoga | 16. 8:30AM-10AM Restorative Yoga 10AM-11AM ZUMBA 11:15AM-12PM Pool Aerobics | 17. 9AM-10AM Yoga Flow 10AM-11AM Cardio Fitball 11:15AM-12PM Water Works | 18. 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Aqua ZUMBA 3:30PM-5:00PM Restorative Yoga |
| 19. 9AM-10:15AM Yoga | 20. 9AM-10AM Yoga Flow 10AM-11AM Mat Pilates 11:15AM-12PM Pool Aerobics | 21. | 22. 10AM-11AM Pilates Challenge 11:15AM-12PM Aqua ZUMBA 5:30PM-6:30PM Kripalu Yoga | 23. 8:30AM-10AM Restorative Yoga 10AM-11AM ZUMBA 11:15AM-12PM Pool Aerobics | 24. 9AM-10AM Yoga Flow 10AM-11AM Cardio Fitball 11:15AM-12PM Aqua ZUMBA | 25. 10:30AM-11:30AM Mat Pilates 11:45AM-12:30PM Pool Aerobics 2PM-3PM-ZUMBA 3:30PM-5:00PM Restorative Yoga |
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