



## The Spa at the Equinox Resort — September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:30-10 Core Yoga 10:15-11:15 Mat Pilates 3-4:30 Restorative Yoga
2 9-10:30 Core Yoga	3 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	4 10-11 Mat Pilates 11:15-12 Pool Aerobics	5 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30 Core Yoga	6 10-11 Mat Pilates 11:15 Pool Aerobics	7 11:15-12 Pool Aerobics	8 8:30-10 Core Yoga 10:15-11:15 Mat Pilates 3-4:30 Restorative Yoga
9	10 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	11 10-11 Mat Pilates 11:15-12 Pool Aerobics	12 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30 Core Yoga	13 10-11 Mat Pilates 11:15 Pool Aerobics	14 11:15-12 Pool Aerobics	15 8:30-10 Core Yoga 10:15-11:15 Mat Pilates 3-4:30 Restorative Yoga
16	17 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	18 10-11 Mat Pilates 11:15-12 Pool Aerobics	19 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30 Core Yoga	20 10-11 Mat Pilates 11:15 Pool Aerobics	21 11:15-12 Pool Aerobics	22 8:30-10 Core Yoga 10:15-11:15 Mat Pilates 3-4:30 Restorative Yoga
23	24 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	25 10-11 Mat Pilates 11:15-12 Pool Aerobics	26 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30 Core Yoga	27 10-11 Mat Pilates 11:15 Pool Aerobics	28 11:15-12 Pool Aerobics	29 8:30-10 Core Yoga 10:15-11:15 Mat Pilates 3-4:30 Restorative Yoga
30						