SUMMER BY

EQUINOX

AUGUST

Week of July 28			
MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	CARDIO SCULPT	STEPHANIE
	9:30AM	VINYASA YOGA	KAT
THURS	8:30AM	KETTLEBELL POWER	JOHN
	9:30AM	PILATES RISE	ITSY
	4:00PM	OUTDOOR CIRCUIT CHALLENGE	DAVID
FRI	8:30AM	TABATA MAX	WAZ
1	9:30AM	STRONGER	DAVID
	10:30AM	VINYASA YOGA	JADE
	11:45AM	ROUNDS BOXING	WAZ
SAT	7:30AM	FULLY VESTED	WAZ
	8:30AM	WHIPPED!	DAVID
	9:30AM	PILATES MAT	ITSY
	10:30AM	ATHLETIC CONDITIONING	WAZ
SUN	8:30AM	METCON3	WAZ
	9:30AM	ATHLETIC CONDITIONING	DAVID
	10:30AM	VINYASA YOGA	JADE

Week of	f August 11		
MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
THE REAL PROPERTY.	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	CARDIO SCULPT	STEPHANIE
•	9:30AM	VINYASA YOGA	KAT
THURS	8:30AM	KETTLEBELL POWER	JOHN
	9:30AM	PILATES MAT	BRIDGET
FRI	8:30AM	TABATA MAX	WAZ
20	9:30AM	STRONGER	MICHAEL
	10:30AM	VINYASA YOGA	LAUREN
	11:45AM	ROUNDS BOXING	HAILEY
SAT	7:30AM	FULLY VESTED	WAZ
	8:30AM	WHIPPED!	MICHAEL
	9:30AM	PILATES MAT	KARLA
	10:30AM	ATHLETIC CONDITIONING	WAZ
	11:30AM	VINYASA YOGA	KRISTIN
SUN	8:30AM	METCON3	WAZ
	9:30AM	BEST BUTT EVER	MICHAEL
	10:30AM	VINYASA YOGA	KARLA
		THE PROPERTY OF THE PARTY OF TH	TO THE REAL PROPERTY.

Week of	August 25		
MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	CARDIO SCULPT	STEPHANIE
HA	9:30AM	VINYASA YOGA	KAT
THURS	8:30AM	KETTLEBELL POWER	JOHN
	9:30AM	PILATES MAT	BRIDGET
FRI	8:30AM	TABATA MAX	WAZ
7	9:30AM	STRONGER	DEVIN
	10:30AM	VINYASA YOGA	TAYLOR
	11:45PM	ROUNDS BOXING	MICHELLE
SAT	7:30AM	FULLY VESTED	WAZ
	8:30AM	WHIPPED!	DEVIN
	9:30AM	PILATES MAT	TAYLOR
	10:30AM	ATHLETIC CONDITIONING	WAZ
SUN	8:30AM	METCON3	WAZ
	9:30AM	ATHLETIC CONDITIONING	DEVIN
	10:30AM	VINYASA YOGA	TAYLOR
	11:45AM	STRONGER	MICHELLE
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	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	CARDIO SCULPT	STEPHANIE
	9:30AM	VINYASA YOGA	KAT
THURS	8:30AM	KETTLEBELL POWER	JOHN
	9:30AM	PILATES MAT	BRIDGET
FRI	8:30AM	TABATA MAX	WAZ
	9:30AM	ATHLETIC CONDITIONING	EDDIE
	10:30AM	VINYASA YOGA	LISA
	11:45AM	ROUNDS BOXING	UGC
SAT	7:30AM	FULLY VESTED	WAZ
	8:30AM	STACKED	EDDIE
	9:30AM	PILATES MAT	BRIDGET
	10:30AM	ATHLETIC CONDITIONING	WAZ

METCON3

BODY SCULPT

VINYASA YOGA

OUTDOOR CIRCUIT CHALLENGE

WAZ

WAZ

EDDIE

LAUREN

Week of August 4

8:30AM

MON

SUN

8:30AM

9:30AM

10:30AM

Week of	FAugust 18		
MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	CARDIO SCULPT	STEPHANIE
	9:30AM	VINYASA YOGA	KAT
THURS	8:30AM	KETTLEBELL POWER	JOHN
1	9:30AM	PILATES RISE	ROSS
FRI	8:30AM	TABATA MAX	WAZ
	9:30AM	METCON3	CORRINE
	10:30AM	VINYASA YOGA	LISA
27	11:45AM	ROUNDS BOXING	JOHN
SAT	8:30AM	WHIPPED!	CORRINE
	9:30AM	PILATES RISE	ROSS
	10:30AM	ATHLETIC CONDITIONING	CORRINE
	11:30AM	VINYASA YOGA	RIKA
SUN	8:30AM	METCON3	WAZ
	9:30AM	ATHLETIC CONDITIONING	CORRINE
	10:30AM	VINYASA YOGA	LAUREN