

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
	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 August 4

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 MAT	BRIDGET
FRI	8:30AM	TABATA MAX	WAZ
	9:30AM	ATHLETIC CONDITIONING	EDDIE
	10:30AM	VINYASA YOGA	LISA
	11:45AM	ROUNDS BOXING	UGO
SAT	7:30AM	FULLY VESTED	WAZ
	8:30AM	STACKED	EDDIE
	9:30AM	PILATES MAT	BRIDGET
	10:30AM	ATHLETIC CONDITIONING	WAZ
SUN	8:30AM	METCON3	WAZ
	9:30AM	BODY SCULPT	EDDIE
	10:30AM	VINYASA YOGA	LAUREN

Week of August 11

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 MAT	BRIDGET
FRI	8:30AM	TABATA MAX	WAZ
	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

Week of August 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
	9:30AM	PILATES RISE	ROSS
FRI	8:30AM	TABATA MAX	WAZ
	9:30AM	METCON3	CORRINE
	10:30AM	VINYASA YOGA	LISA
	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

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
	9:30AM	VINYASA YOGA	KAT
THURS	8:30AM	KETTLEBELL POWER	JOHN
	9:30AM	PILATES MAT	BRIDGET
FRI	8:30AM	TABATA MAX	WAZ
	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