

SUMMER BY

# EQUINOX

JULY

## Week of July 1

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	METCON3	STEPHANIE
	9:30AM	VINYASA YOGA	LAUREN
THURS	8:30AM	KETTLEBELL POWER	JOHN
FRI	8:30AM	TABATA MAX	WAZ
	9:30AM	SCULPT	RACHEL
	10:30AM	VINYASA YOGA	JADE
SAT	8:30AM	WHIPPED!	RACHEL
	9:30AM	POWER YOGA	JADE
SUN	10:30AM	ATHLETIC CONDITIONING	WAZ
	8:30AM	METCON3	WAZ
	9:30AM	STACKED	RACHEL
	10:30AM	SONIC MEDITATION*	JADE

## Week of July 8

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	METCON3	STEPHANIE
	9:30AM	VINYASA YOGA	LAUREN
THURS	8:30AM	KETTLEBELL POWER	JOHN
FRI	8:30AM	TABATA MAX	WAZ
	9:30AM	ATHLETIC CONDITIONING	AXEL
	10:30AM	BROOKLYN BARRE	JULIE
SAT	8:30AM	STRONGER	AXEL
	9:30AM	BALLERINA BODY TRAINING	JULIE
SUN	10:30AM	ATHLETIC CONDITIONING	WAZ
	8:30AM	METCON3	WAZ
	9:30AM	ATHLETIC CONDITIONING	AXEL
	10:30AM	BROOKLYN FLOW	JULIE

## Week of July 15

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	METCON3	ROCKY
	9:30AM	VINYASA YOGA	LAUREN
THURS	8:30AM	KETTLEBELL POWER	JOHN
FRI	8:30AM	TABATA MAX	WAZ
	9:30AM	SCULPT	DEVIN
	10:30AM	VINYASA YOGA	JEESOO

## Week of July 15 (continued)

SAT	8:30AM	STACKED	DEVIN
	9:30AM	POWER VINYASA	JEESOO
	8:30AM	WHIPPED!	ROCKY
SUN	8:30AM	METCON3	WAZ
	9:30AM	STRONGER	DEVIN
	10:30AM	VINYASA YOGA	JEESOO

## Week of July 22

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	METCON3	STEPHANIE
	9:30AM	VINYASA YOGA	LAUREN
THURS	8:30AM	KETTLEBELL POWER	JOHN
FRI	8:30AM	TABATA MAX	JESSE
	9:30AM	ATHLETIC CONDITIONING	OR
	10:30AM	SILHOUETTE	ALEXIS
SAT	8:30AM	WHIPPED!	OR
	9:30AM	PILATES FUSION	ALEXIS
SUN	10:30AM	ATHLETIC CONDITIONING	JESSE
	8:30AM	METCON3	JESSE
	9:30AM	ORRIORS X SILHOUETTE*	OR

## Week of July 29

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	JOHN
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
WED	8:30AM	METCON3	STEPHANIE
	9:30AM	VINYASA YOGA	LAUREN
THURS	8:30AM	KETTLEBELL POWER	JOHN
FRI	8:30AM	TABATA MAX	WAZ
	9:30AM	EQX BARRE BURN	MICHAEL
	10:30AM	VINYASA YOGA	LISA
SAT	8:30AM	THE CUT	MICHAEL
	9:30AM	POWER YOGA	LISA
SUN	10:30AM	ATHLETIC CONDITIONING	WAZ
	8:30AM	METCON3	WAZ
	9:30AM	STRONGER	MICHAEL
	10:30AM	VINYASA YOGA	LISA

\* Special Event