

SUMMER BY

EQUINOX

SEPTEMBER

Week of September 1

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:30AM	VINYASA YOGA	LAUREN
TUES	8:30AM	STACKED	WAZ
FRI	8:30AM	TABATA MAX	DANIELLE
	10:30AM	VINYASA YOGA	JAIMIE
SAT	8:30AM	PILATES MAT	KEELY
	9:30AM	ATHLETIC CONDITIONING	DANIELLE
SUN	8:30AM	METCON3	DANIELLE
	9:30AM	VINYASA YOGA	JAIMIE

Week of September 8

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	DANIELLE
	9:30AM	VINYASA YOGA	LAUREN
FRI	8:30AM	TABATA MAX	DAVID
	9:30AM	VINYASA YOGA	VICTORIA
SAT	8:30AM	PILATES MAT	KEELY
	9:30AM	ATHLETIC CONDITIONING	DAVID
SUN	8:30AM	METCON3	DAVID
	9:30AM	VINYASA YOGA	VICTORIA

Week of September 15

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	JOHN
	9:30AM	VINYASA YOGA	LAUREN
FRI	8:30AM	TABATA MAX	DAVID
	9:30AM	VINYASA YOGA	ANDY
SAT	8:30AM	PILATES MAT	ANDY
	9:30AM	ATHLETIC CONDITIONING	DAVID
SUN	8:30AM	METCON3	DAVID
	9:30AM	VINYASA YOGA	ANDY