

SUMMER BY  
**EQUINOX**  
 SEPTEMBER

**Week of September 2**

|       |         |                           |        |
|-------|---------|---------------------------|--------|
| MON   | 8:30AM  | OUTDOOR CIRCUIT CHALLENGE | WAZ    |
|       | 9:30AM  | VINYASA YOGA              | LAUREN |
| TUES  | 8:30AM  | STACKED                   | WAZ    |
| WED   | 9:30AM  | VINYASA YOGA              | LAUREN |
| THURS | 8:30AM  | KETTLEBELL POWER          | JOHN   |
| FRI   | 8:30AM  | TABATA MAX                | WAZ    |
|       | 9:30AM  | THE CUT                   | EDDIE  |
|       | 10:30AM | PILATES FUSION            | ITSY   |
| SAT   | 8:30AM  | STACKED                   | EDDIE  |
|       | 9:30AM  | PILATES RISE              | ITSY   |
|       | 10:30AM | ATHLETIC CONDITIONING     | WAZ    |
| SUN   | 8:30AM  | METCON3                   | WAZ    |
|       | 9:30AM  | ATHLETIC CONDITIONING     | EDDIE  |
|       | 10:30AM | PILATES MAT               | ITSY   |

**Week of September 9**

|       |        |                           |        |
|-------|--------|---------------------------|--------|
| MON   | 8:30AM | OUTDOOR CIRCUIT CHALLENGE | WAZ    |
|       | 9:30AM | VINYASA YOGA              | LAUREN |
| TUES  | 8:30AM | STACKED                   | WAZ    |
| WED   | 9:30AM | VINYASA YOGA              | LAUREN |
| THURS | 8:30AM | KETTLEBELL POWER          | JOHN   |
| FRI   | 8:30AM | TABATA MAX                | WAZ    |
|       | 9:30AM | VINYASA YOGA              | LIPE   |
| SAT   | 8:30AM | POWER YOGA                | LIPE   |
|       | 9:30AM | ATHLETIC CONDITIONING     | WAZ    |
| SUN   | 8:30AM | METCON3                   | JOHN   |
|       | 9:30AM | VINYASA YOGA              | LIPE   |

**Week of September 16**

|       |        |                           |        |
|-------|--------|---------------------------|--------|
| MON   | 8:30AM | OUTDOOR CIRCUIT CHALLENGE | WAZ    |
|       | 9:30AM | VINYASA YOGA              | LAUREN |
| TUES  | 8:30AM | STACKED                   | WAZ    |
| WED   | 9:30AM | VINYASA YOGA              | LAUREN |
| THURS | 8:30AM | KETTLEBELL POWER          | JOHN   |
| FRI   | 8:30AM | TABATA MAX                | JOHN   |
|       | 9:30AM | VINYASA YOGA              | DANA   |
| SAT   | 8:30AM | POWER YOGA                | DANA   |
|       | 9:30AM | ATHLETIC CONDITIONING     | WAZ    |
| SUN   | 8:30AM | METCON3                   | WAZ    |
|       | 9:30AM | VINYASA YOGA              | DANA   |