SUMMER BY

EQUINOX

JULY

Week of J	uly 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
	10:30AM	ATHLETIC CONDITIONING	WAZ
SUN	8:30AM	METCON3	WAZ
	9:30AM	STACKED	RACHEL
	10:30AM	SONIC MEDITATION*	JADE
Week of J	uly 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
	10:30AM	ATHLETIC CONDITIONING	WAZ
SUN	8:30AM	METCON3	WAZ
	9:30AM	ATHLETIC CONDITIONING	AXEL
	10:30AM	BROOKLYN FLOW	JULIE
Week of J	uly 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
	10.004#	VINVACA VOCA	ILLCOO

10:30AM

VINYASA YOGA

Week of July 15 (continued)					
SAT	8:30AM	STACKED	DEVIN		
	9:30AM	POWER VINYASA	JEES00		
S 100 9 10 10 10	THE RESERVE OF THE PERSON NAMED IN				

	8:30AM	WHIPPED!	ROCKY
SUN	8:30AM	METCON3	WAZ
	9:30AM	STRONGER	DEVIN
THE ST	40.004#	VIIIVAAA VAAA	155000

Week of July 22

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
1	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	ЈОНИ
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
	10:30AM	ATHLETIC CONDITIONING	JESSE
SUN	8:30AM	METCON3	JESSE
	9:30AM	ORRIORS X SILHOUETTE*	OR

Week of July 29

MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	JOHN
No.	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
	10:30AM	ATHLETIC CONDITIONING	WAZ
SUN	8:30AM	METCON3	WAZ
A	9:30AM	STRONGER	MICHAEL
633	10:30AM	VINYASA YOGA	LISA

^{*} Special Event

SUMMER BY EQUINOX

AUGUST

Week of	August 5			Week of	August 19		
MON	8:38AM	OUTDOOR CIRCUIT CHALLENGE	E MAZ	MON	8:30AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
	9:38AM	VINYASA YOGA	LAUREN		9:38AM	VINYASA YOGA	LAUREN
TUES	8:38AM	STACKED	MAZ	TUES	8:30AM	STACKED	WAZ
WED	8:38AM	METCON3	MITCH	WED	8:30AM	ATHLETIC CONDITIONING	MITCH
	9:38AM	VINYASA YOGA	LAUREN		9:38AM	VINYASA YOGA	LAUREN
THURS	8:38AM	KETTLEBELL POWER	JOHN	THURS	8:38AM	KETTLEBELL POWER	JOHN
FRI	8:38AM	TABATA MAX	MAZ	FRI	8:30AM	TABATA MAX	WAZ
	9:38AM	METCON3	LUIS		9:38AM	ATHLETIC CONDITIONING	TOMJOHN
	10:30AM	PILATES RISE	JILLIAN		10:30AM	VINYASA YOGA	KATEY
SAT	8:38AM	WHIPPED!	LUIS	SAT	8:30AM	WHIPPEDI	TOMJOHN
	9:38AM	PILATES MAT	JILLIAN		9:30AM	POWER YOGA	KATEY
	10:30AM	ATHLETIC CONDITIONING	MAZ		10:38AM	ATHLETIC CONDITIONING	WAZ
	12:00 PM	TWO TONED*	LEAH & SHAI	SUN	8:38AM	METCON3	WAZ
SUN	8:38AM	METCON3	MAZ	15 15 15	9:38AM	STRONGER	TOMJOHN
	9:38AM	ATHLETIC CONDITIONING	LUIS		10:38AM	VINYASA YOGA	KATEY
	10:30AM	PILATES FUSION	JILLIAN				
	100			Week of	August 26		
Week of	August 12			MON	8:38AM	OUTDOOR CIRCUIT CHALLENGE	WAZ
MON	8:38AM	OUTDOOR CIRCUIT CHALLENGE	E MAZ		9:38AM	VINYASA YOGA	LAUREN
	9:38AM	VINYASA YOGA	LAUREN	TUES	8:38AM	STACKED	WAZ
TUES	8:38AM	STACKED	WAZ	WED	8:38AM	ATHLETIC CONDITIONING	MITCH
WED	8:30AM	ATHLETIC CONDITIONS	MITCH		9:38AM	VINYASA YOGA	LAUREN
	9:30AM	VINYASA YOGA	LAUREN	THURS	8:38AM	KETTLEBELL POWER	JOHN
THURS	8:38AM	KETTLEBELL POWER	JOHN	FRI	8:38AM	TABATA MAX	WAZ
FRI	8:38AM	TABATA MAX	MAZ		9:38AM	SCULPT	GEOFF
	9:38AM	STRONGER	MAKENA		10:30AM	VINYASA YOGA	JADE
	10:30AM	PILATES RISE	CHELSEA	SAT	8:38AM	WHIPPED!	GEOFF
SAT	8:38AM	CARDIO SCULPT	MAKENA		9:38AM	POWER YORA	JADE
	9:38AM	PILATES MAT	CHELSEA		10:38AM	ATHLETIC CONDITIONING	WAZ
	10:30AM	ATHLETIC CONDITIONING	MAZ	SUN	8:30AM	METCON3	WAZ
SUN	8:38AM	METCON3	WAZ		9:38AM	STACKED!	GEOFF
	9:38AM	ATHLETIC CONDITIONING	MAKENA		10:38AM	SONIC MEDITATION*	JADE
	10:30AM	PILATES RISE	CHELSEA	SECTION AND ADDRESS OF			

^{*} Special Event