

SUMMER 2019 CLASS SCHEDULE - 6/10/19-9/1/19

MONDAY

7AM - EQ SPIN (45 MINS)
8:30AM - EQ BARRE
9AM - GROUP TRAINING (THREE OAKS)
11AM - EQ TRX (THREE OAKS)
5PM - EQ MAT PILATES/STRETCH
5:30PM - EQ BOXING (THREE OAKS)

TUESDAY

9AM - EQ TRX (THREE OAKS)
10AM - EQ SPIN (45 MINS)
11AM - GROUP TRAINING (THREE OAKS)
6:30PM - GROUP TRAINING (THREE OAKS)

WEDNESDAY

7AM - EQ SPIN (45 MINS)
8:30AM - EQ BARRE
9AM - GROUP TRAINING (THREE OAKS)
11AM - EQ BOXING (THREE OAKS)
6:30PM - SPIN CYCLE (45 MINS)

THURSDAY

9AM - EQ TRX (THREE OAKS)
10AM - EQ SPIN (45 MINS)
11AM - GROUP TRAINING (THREE OAKS)
6:30PM - GROUP TRAINING (THREE OAKS)

FRIDAY

7AM - EQ SPIN (45 MINS)
9AM - GROUP TRAINING (THREE OAKS)
10AM - EQ SPIN
11AM - EQ TRX (THREE OAKS)

SATURDAY

*8AM - BEACH GROUP TRAINING
(New Buffalo Public Beach)
*Weather Permitting - will be held at 9AM in
Three Oaks if we can't be outside*
10AM - EQ SPIN
11AM - EQ BOXING (THREE OAKS)

SUNDAY

10AM - EQ SPIN

Members:
\$10/Class or
12 for \$100

Guests:
\$15/Class or
12 for \$150

Classes Never
Expire & can be
Shared w/ Anyone
Ages 12+

Private Group
Classes Available
for Special Events



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www.eqfitnessnb.com

