

FALL 2019 CLASS SCHEDULE - 9/9/19 - 11/24/19

MONDAY

8:30AM - EQ SPIN (45 MINS)
9AM - GROUP TRAINING (THREE OAKS)
11AM - EQ TRX (THREE OAKS)
5:30PM - EQ BOXING (THREE OAKS)

TUESDAY

7AM - EQ SPIN (45 MINS)
9AM - EQ BARRE
5:30PM - GROUP TRAINING (THREE OAKS)
*6:30PM - EQ LIFT (THREE OAKS)

WEDNESDAY

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

THURSDAY

7AM - EQ SPIN (45 MINS)
9AM - EQ BARRE
11AM - EQ SPIN (45 MINS)
5:30PM - GROUP TRAINING (THREE OAKS)
*6:30PM - EQ LIFT (THREE OAKS)

FRIDAY

8:30AM - EQ SPIN (45 MINS)
9AM - GROUP TRAINING (THREE OAKS)
11AM - EQ TRX (THREE OAKS)

SATURDAY

9AM - GROUP TRAINING (THREE OAKS)
10AM - EQ SPIN

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

Register Online or w/ our App!
www.eqfitnessnb.com



EQ LIFT is part of our 10 Week Best You Program - Habit Based Coaching - Includes 24/7 Gym Access, Unlimited Classes, Assessments, and MORE! Contact Us Today to Get Started!

