

WINTER 2020 CLASS SCHEDULE - 1/13/20 - 4/5/20

MONDAY

8:30AM - EQ SPIN (45 MINS)

9AM - GROUP TRAINING (THREE OAKS)

5:30PM - EQ BOXING (THREE OAKS)

*Boxing Begins Feb 10th

TUESDAY

9AM - EQ BARRE

9AM - EQ TRX (THREE OAKS)

6PM - GROUP TRAINING (THREE OAKS)

WEDNESDAY

9AM - GROUP TRAINING (THREE OAKS)

6:30PM - SPIN CYCLE (45 MINS)

THURSDAY

9AM - EQ BARRE

9AM - EQ TRX (THREE OAKS)

6PM - GROUP TRAINING (THREE OAKS)

FRIDAY

8:30AM - EQ SPIN (45 MINS)

9AM - GROUP TRAINING (THREE OAKS)

SATURDAY

9AM - GROUP TRAINING (THREE OAKS)

10AM - EQ SPIN

SUNDAY

10AM - EQ SPIN

Ask about our Unlimited Class Gym
Membership Options!

Book/Cancel Classes before the
12 Hour Cut-Off, or contact us if you need
assistance, thank you!

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!



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