

EQUNOX

FLATIRON

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time

* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:15 Precision Run 30 TR * Chaz Jackson	6:30-7:15 MetCon3 MS * Melissa Chisholm	6:30-7:15 Circuit Training MS * TomJohn Mershon	6:30-7:15 Stronger MS * Scott Gervais	7:00-7:45 Pilates Mat Lilianne Gering	9:00-9:50 True Barre: Bala Bangle YS * Kyla Lloyd	8:45-9:30 Pilates Mat YS * Bret Yamana
7:00-7:45 MetCon Monday MS * Scott Gervais	6:45-7:30 Anthem Ride CS * Michael Keeney	7:00-7:45 Beats Ride CS * Meghan Cox	7:00-8:00 Power Vinyasa YS * Jess Anson	7:30-8:15 Best Butt Ever MS * Michael Keeney	9:15-10:00 Athletic Conditioning MS * Emily Comerford	9:30-10:15 MetCon3 Or Artzi
7:15-8:00 Pilates Fusion YS * Elgin McCargo	7:00-8:00 Sculpted Yoga™ YS * Justin Quinn	7:15-8:00 True Barre: Bala Bangle Diane LaVon	7:30-8:15 Cardio Sculpt MS * Marie Jasmin	7:45-8:35 Precision Run + Strength TR * Kevin Scott	9:30-10:20 Precision Run® Anne Berhe	10:00-11:00 Vinyasa Yoga YS * Robert Nguyen
7:30-8:00 Precision Run 30 TR * Chaz Jackson	7:30-8:20 Stronger MS * Joey Ledonio	7:30-8:20 Precision Run® Lauren Anthony	7:45-8:30 Rounds: Bags and Mitts Khaled Zeidan	8:00-8:50 Rounds: Bags and Mitts Ugo Peter-Obiagwu	9:45-10:30 Rounds: Pro (L3) Jermaine Bailey	10:15-11:00 Rounds: Bags and Mitts BR * Uriah Hurst
8:00-8:45 Rounds: Bags and Mitts BR * Yohancé Primus	7:45-8:35 Precision Run® Michael Keeney	8:15-9:00 Stacked MS * Khaled Zeidan	8:15-9:00 True Barre: Bala Bangle Genevie Gordon	8:30-9:15 Core6 MS * Michael Keeney	10:00-10:50 Beats Ride CS * Sami Haender	10:30-11:15 Anthem Ride CS * Or Artzi
8:15-9:00 Cardio Sculpt MS * Elgin McCargo	8:15-9:00 True Barre: Bala Bangle YS * Andy Santana	8:15-9:00 Bransen Gates MS *	9:15-10:00 Pilates Fusion Karla Belchenko	9:15-10:00 True Barre: Bala Bangle YS * Khaleah London	10:15-11:00 Cardio Dance Team Equinox	10:45-11:30 Ultimate Resistance MS * Alexander
9:15-10:05 Stronger MS * TomJohn Mershon	9:15-10:00 Stacked MS * Jeff Robinson	8:30-9:15 True Barre: Cardio YS * Melinda Porto	9:30-10:20 Superset Athlete TomJohn Mershon	10:15-11:05 Precision Walk: Elevate Khalieh London	10:30-11:30 Vinyasa Yoga Ali Cramer	11:30-12:15 True Barre: Bala Bangle YS * Or Artzi
9:30-10:20 True Barre: Bala Bangle YS * Christopher Howard	9:30-10:30 Slow Flow Yoga YS * Dyan Tsimis	9:30-10:30 Vinyasa Yoga YS * Ali Cramer	10:30-11:15 Cardio Sculpt Calvin Wiley	10:30-11:30 Rounds: Bags and Mitts BR *	12:00-12:45 Best Butt Ever MS * Abbey Hunt	12:45-1:45 Whipped! MS * Alexander
10:30-11:15 Best Butt Ever MS * Esteban Deleon	10:00-10:15 Best Abs Ever MS * Jeff Robinson	10:30-11:15 Body Sculpt Esteban Deleon	11:00-11:45 MS *	12:00-12:45 Pilates Fusion Erin Monteleone	11:15-12:00 Best Butt Ever MS * Abbey Hunt	1:00-2:00 Power Vinyasa YS * Johan Montjano
12:15-1:00 Stronger MS * Wyatt Sloane	11:00-11:50 Pilates Mat Itsy Rachatasumrit	12:15-1:00 True Barre: Bala Bangle YS * Elgin McCargo	12:00-12:45 Power Vinyasa Dorian Shorts	12:00-12:15 Beats Ride MS * Brandon Green	12:00-12:15 Best Abs Ever MS * Abbey Hunt	1:00-2:00 Beats Ride 60 CS *
1:15-2:00 Pilates Mat YS * Taylor Phillips	12:15-1:00 Beats Ride CS * Nadia Zaki	1:15-2:00 Rounds: Bags and Mitts BR *	1:15-2:00 Pilates Mat Brian Slaman	1:15-2:15 Vinyasa Yoga YS * Serena Tom	12:00-12:50 Pilates Rise Chad Balen	1:15-2:00 Rounds: Boxing BR *
2:00-2:45 Body Sculpt MS * Jeff Robinson	1:15-2:15 Inner Power Flow YS * Nadia Zaki	4:30-5:15 Stronger MS * Zach Schanne	4:00-4:45 True Barre: Bala Bangle Lucas Blankenhorn	2:00-2:50 Stronger MS * Esteban Deleon	12:30-1:20 Stronger MS * Justin Goldman	2:00-2:50 Precision Run® Evan Wood
4:30-5:15 True Barre: Bala Bangle YS * Brian Slaman	4:00-4:50 Pilates Rise YS * Christopher Howard	5:30-6:15 Core6 MS *	4:30-5:20 Precision Walk: Elevate Evan Wood	4:00-4:45 Pilates Mat YS *	1:00-1:45 Rounds: Bags and Mitts BR *	3:00-4:00 Yin Yoga Meditation YS * Kira McCarthy
5:30-6:15 Rhythmic Sculpt MS * Marie Jasmin	5:15-6:00 True Barre: Off the Barre YS * Adam B	5:30-6:30 Vinyasa Yoga YS * Jena Maenius	5:15-6:00 Pilates Fusion Elgin McCargo	4:30-5:15 Rounds: Bags and Mitts Ahmad Simmons	1:15-2:00 True Barre: Bala Bangle YS * Andy Santana	5:00-6:00 Vinyasa Yoga Serena Tom
5:45-6:30 Vinyasa Yoga YS * Robert Nguyen	5:30-6:15 Stronger MS * Christopher Howard	5:45-6:30 Rounds: Bags and Mitts BR *	5:30-6:15 Cardio Dance Nicholas Powers	5:00-5:45 MetCon3 MS *	3:00-3:50 Pilates Mat YS * Jake Thereault	
6:00-6:45 Rounds: Bags and Mitts BR * Ahmad Simmons	5:45-6:35 Rounds: Bags and Mitts BR *	6:00-6:50 Precision Run® Evan Wood	5:45-6:30 Rounds: Bags and Mitts Jermaine Bailey	5:15-6:15 John Cianca		
6:15-7:05 Beats + Bands Ride CS * Jacqueline Kouri	6:15-7:00 Beats Ride CS *	6:15-7:00 Beats Ride MS *	6:30-7:15 Tabata Max Molly Day	5:15-6:15 Vinyasa Yoga Emma Poole		
6:30-7:15 Atletica MS * Marie Jasmin	6:30-7:15 Cardio Sculpt MS *	6:30-7:15 Stacked MS *	6:00-6:50 Feel Good Friday: Studio Dance Nicholas Powers	6:00-6:50 Feel Good Friday: Studio Dance Nicholas Powers		
6:30-7:20 Precision Run® TR * JP Prishwalko	6:30-7:15 Precision Run® TR *	6:45-7:30 Muay Thai Khaled Zeidan	6:45-7:45 Vinyasa Yoga Johan Montjano	6:30-7:15 Sonic Meditation YS *		
7:00-7:45 True Barre: Bala Bangle YS * Alyssa Sarnoff	6:45-7:45 Power Vinyasa YS * Kumiko Buckman	7:00-7:45 Pilates Mat Alex Dill	7:00-7:50 Beats Ride Moses Alcid	6:30-7:15 Sonic Meditation YS *		
7:30-8:15 Core6 MS * JP Prishwalko	7:30-8:15 Studio Dance: Jazz MS *	7:30-8:15 Best Butt Ever MS *	7:30-8:15 Best Butt Ever Meghan Cox			

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EQUINOX

FLATIRON

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NEW YORK NY 10003

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MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 08:00 PM

GROUP FITNESS MANAGER

brian.slaman@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

Beats Ride A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Beats Ride 60 An extended rhythmic cycling class so you can ride those extra miles to an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

Precision Run 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

Precision Run® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

Yoga

Inner Power Flow Created by Nadia Zaki, this challenging class focuses on core flexibility and strength for a full-body workout that brings connection and calm.

Power Vinyasa A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala Bands and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

Vinyasa Yoga This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

Hiit

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

MetCon Monday Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.

MetCon3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

Superset Athlete This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

Ultimate Resistance An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

Barre

True Barre: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

True Barre: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

True Barre: Off the Barre This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

Pilates

Pilates Fusion An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

Pilates Mat This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

Pilates Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Feel Good Friday: Studio Dance Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

Studio Dance: Jazz A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.

Boxing

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

Regeneration

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

Sculpt

Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

Strength

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

Stronger Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.