EQUINOX **FLATIRON**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

7:00-7:45 MS * — MetCon Monday — *Scott Gervais*
7:00-7:45 TR * — Precision Run® — *Jess Bieda*
7:15-8:00 YS * — Pilates Fusion — *Elgin McCargo*
8:15-9:00 MS * — Cardio Sculpt — *Elgin McCargo*
8:30-9:20 BR * — Rounds: Bags and Mitts — *Yohancé Primus*
9:15-10:05 MS * — Stronger — *TomJohn Mershon*
9:30-10:20 YS * — True Barre: Bala Bangle — *Christopher Howard*
10:30-11:15 MS * — Best Butt Ever — *Esteban Deleon*
12:15-1:00 MS * — Stronger — *Wyatt Slone*
1:15-2:00 YS * — Pilates Mat — *Taylor Phillips*
4:30-5:15 YS * — True Barre: Bala Bangle — *April Shipp-Medcalf*
5:30-6:15 MS * — Body Sculpt — *Marie Jasmin*
5:45-6:30 YS * — Vinyasa Yoga — *Robert Nguyen*
6:00-6:45 BR * — Rounds: Bags and Mitts — *Ahmad Simmons*
6:30-7:15 MS * — Atletica — *Marie Jasmin*
6:30-7:20 TR * — Precision Run® — *JP Prishwalko*
7:00-7:45 YS * — Barefoot Sculpt: The Ring — *Alyssa Sarnoff*
7:30-8:00 MS * — Core6 Express — *JP Prishwalko*

TUESDAY

6:30-7:15 MS * — **Body Sculpt** — ***Melissa Chisholm***
6:45-7:30 CS * — Beats Ride — *Mario Martinez*
7:00-8:00 YS * — Sculpted Yoga™ — *Nicole Uribarri*
7:30-8:20 MS * — Stronger — *Joey Ledonio*
7:45-8:35 TR * — Precision Run® — *Lauren Anthony*
8:15-9:00 YS * — True Barre: Bala Bangle — *Andy Santana*
9:30-10:20 MS * — Stacked — *Jeff Robinson*
9:30-10:30 YS * — Slow Flow Yoga — *Dyan Tsiumis*
11:00-11:50 YS * — Pilates Mat — *Itsy Rachatasumrit*
12:15-1:00 CS * — Beats Ride — *Nadia Zaki*
1:15-2:15 YS * — Inner Power Flow — *Nadia Zaki*
4:00-4:45 YS * — Pilates Fusion — *Rachel Genise*
5:15-6:00 YS * — True Barre: Off the Barre — *Adam B*
5:30-6:15 MS * — Stronger — *Christopher Howard*
5:45-6:35 BR * — Rounds: Bags and Mitts — *Ugo Peter-Obiagwu*
6:15-7:00 CS * — Beats Ride — *D Gunnz*
6:30-7:15 MS * — Cardio Sculpt — *Adam B*
6:30-7:15 TR * — Precision Run® — *Justin Goldman*
6:45-7:45 YS * — Power Vinyasa — *Kumiko Buckman*

WEDNESDAY

6:30-7:15 MS * — Superset Athlete — *TomJohn Mershon*
7:00-7:45 CS * — Beats Ride — *Meghan Cox*
7:15-8:00 YS * — True Barre: Bala Bangle — *Diane LaVon*
7:30-8:20 TR * — Precision Run® — *TomJohn Mershon*
7:45-8:30 BR * — Rounds: Bags and Mitts — *Khaled Zeidan*
8:15-9:00 MS * — Stronger — *Bransen Gates*
8:30-9:15 YS * — Barefoot Sculpt: The Ring — *Nicole Uribarri*
10:00-11:00 YS * — Vinyasa Yoga — *Ali Cramer*
10:30-11:15 MS * — Body Sculpt — *Esteban Deleon*
12:15-1:00 YS * — True Barre: Bala Bangle — *Elgin McCargo*
1:15-2:05 BR * — Rounds: Bags and Mitts — *Ronnie Love*
4:30-5:15 MS * — Stronger — *Zach Schanne*
5:30-6:15 MS * — **Rhythmic Sculpt** — ***JP Prishwalko***
5:30-6:30 YS * — Vinyasa Yoga — *Jena Maenius*
5:45-6:30 BR * — Rounds: Bags and Mitts — *Uriah Hurst*
6:00-6:50 TR * — Precision Run® — *Evan Wood*
6:30-7:15 MS * — **Stacked** — ***Justin Goldman***
6:45-7:30 CS * — **Beats Ride** — ***Jason Tran***
7:00-7:45 YS * — Pilates Mat — *Bret Yamanaka*
7:15-8:00 BR * — Muay Thai (L2) — *Khaled Zeidan*
7:30-8:15 MS * — Best Butt Ever — *Meghan Cox*

THURSDAY

6:30-7:15 MS * — Stronger — *Scott Gervais*
7:00-7:45 YS * — Barefoot Sculpt: The Ring — *Justin Quinn*
7:30-8:15 MS * — Atletica — *Marie Jasmin*
7:45-8:30 TR * — Precision Run® — *Javier Ortega*
8:00-8:50 BR * — Rounds: Bags and Mitts — *Ugo Peter-Obiagwu*
8:15-9:00 YS * — **Pilates Fusion** — ***Genieve Gordon***
9:15-10:05 MS * — **Superset Athlete** — ***TomJohn Mershon***
9:30-10:20 YS * — **True Barre: Bala Bangle** — ***Zach Eisenberg***
11:00-11:45 MS * — Cardio Sculpt — *Calvin Wiley*
12:15-1:00 CS * — Beats Ride — *Esteban Deleon*
1:15-2:00 YS * — Pilates Mat — *Brian Slaman*
4:00-4:45 YS * — True Barre: Bala Bangle — *Lucas Blankenhorn*
5:15-6:00 YS * — Pilates Fusion — *Elgin McCargo*
5:30-6:15 MS * — Cardio Dance — *Antonio Hudson*
5:45-6:30 BR * — Rounds: Bags and Mitts — *Jermaine Bailey*
6:30-7:15 MS * — Tabata Max — *Antonio Hudson*
6:45-7:45 YS * — Vinyasa Yoga — *Johan Montijano*

FRIDAY

7:00-7:45 YS * — **Pilates Mat** — ***Amalia Maric***
7:30-8:15 MS * — Best Butt Ever — *Esteban Deleon*
7:45-8:35 TR * — Precision Run + Strength — *Kevin Scott*
8:00-8:45 YS * — True Barre: Cardio — *Kyla Lloyd*
8:45-9:15 MS * — Core6 Express — *Abbey Hunt*
9:15-9:45 MS * — Upper Body Pump — *Abbey Hunt*
9:15-10:00 YS * — True Barre: Bala Bangle — *Khaleah London*
10:15-11:05 TR * — Precision Walk: Elevate — *Khaleah London*
10:30-11:15 MS * — Cardio Dance: Zumba® — *Diego Chauca*
12:15-1:00 YS * — Barefoot Sculpt: The Ring — *Erin Monteleone*
1:00-1:45 CS * — Beats Ride — *Chris Vernon*
1:15-2:15 YS * — Vinyasa Yoga — *Serena Tom*
2:00-2:50 MS * — Stronger — *Esteban Deleon*
4:00-4:45 YS * — Pilates Mat — *Adele Carlson*
4:30-5:15 BR * — Rounds: Bags and Mitts — *Ahmad Simmons*
5:00-5:45 MS * — MetCon3 — *John Cianca*
5:15-6:15 YS * — Vinyasa Yoga — *Emma Poole*
6:30-7:15 YS * — Sonic Meditation — *Emma Poole*

SATURDAY

9:00-9:50 YS * — True Barre: Bala Bangle — *Kyla Lloyd*
9:15-10:00 MS * — Body Sculpt — *Antonio Hudson*
9:30-10:20 TR * — Precision Run® — *Anne Berhe*
9:45-10:30 BR * — Rounds: Pro (L3) — *Jermaine Bailey*
10:00-10:50 CS * — Beats Ride — *Sami Haendler*
10:15-11:00 MS * — Cardio Dance — *Antonio Hudson*
10:30-11:30 YS * — Vinyasa Yoga — *Ali Cramer*
10:45-11:30 BR * — Rounds: Bags and Mitts — *Jermaine Bailey*
11:15-12:00 MS * — Best Butt Ever — *Abbey Hunt*
12:00-12:15 MS * — Best Abs Ever — *Abbey Hunt*
12:00-12:50 YS * — Pilates Rise — *Chad Balen*
12:30-1:20 MS * — Stronger — *Justin Goldman*
1:00-1:50 BR * — Rounds: Bags and Mitts — *Yohancé Primus*
1:15-2:00 YS * — True Barre: Bala Bangle — *Sam Stedry*
2:30-3:45 YS * — Power Vinyasa — *Pasquale Guiducci*
4:00-5:00 YS * — Weekend Wind Down Yoga — *Abby Keene*

SUNDAY

8:45-9:30 YS * — Pilates Mat — *Bret Yamanaka*
9:30-10:15 MS * — MetCon3 — *Or Artzi*
10:00-11:00 YS * — Vinyasa Yoga — *Robert Nguyen*
10:15-11:00 BR * — Rounds: Bags and Mitts — *Uriah Hurst*
10:30-11:15 CS * — Anthem Ride — *Or Artzi*
10:45-11:30 MS * — Stronger — *Vincent Ruiz*
11:30-12:15 YS * — True Barre: Bala Bangle — *Or Artzi*
12:45-1:45 YS * — Power Vinyasa — *Johan Montijano*
1:00-2:00 CS * — Beats Ride 60 — *D Gunnz*
1:15-2:15 BR * — Rounds: Pro (L2) — *Ronnie Love*
2:00-2:50 TR * — Precision Run® — *Evan Wood*
3:00-4:00 YS * — Yin Yoga Meditation — *Kira McCarthy*
4:00-4:50 BR * — Rounds: Bags and Mitts — *Abraham DelValle*
5:00-6:00 YS * — Vinyasa Yoga — *Serena Tom*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

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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 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.

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 bangles 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.
Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.
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.

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.

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.

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

Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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, light-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.

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® 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.

HIIT

Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.

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.

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: 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.

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.
Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.