EQUINOX **EAST 63RD STREET**

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

6:45-7:30 Stronger
MS * *Robert Burke*

7:00-7:45 Pilates Fusion
YS * *Melly Barnhizer*

7:15-8:05 Precision Run®
TR * *Avery Washington*

7:30-8:15 Rounds: Bags and Mitts
BR * *Khaled Zeidan*

8:00-9:00 True Barre
YS * *Arianna Dolan*

8:15-9:00 MetCon Monday
MS * *Jacquie Scoliard*

9:30-10:15 Barefoot Sculpt
YS * *Allie Taylor Mannle*

10:30-11:15 Cardio Sculpt
MS * *Nicole Uribarri*

10:45-11:30 Pilates Mat
YS * *Itsy Rachatasumrit*

12:00-1:00 Swim: Pro
PD * *Brad Cole*

12:15-1:00 Pilates Fusion
YS * *Gerard Thelemaque*

2:30-3:30 Yin Yoga
YS * *Kelly Raspberry*

4:00-4:45 True Barre
YS * *Kat Steers*

4:30-5:15 Cardio Sculpt
MS * *Stephanie Levinson*

5:00-5:50 Precision Walk: Elevate
TR * *Allie Taylor Mannle*

5:30-6:15 True Barre: Bala Bangle
MS * *Erika Spondike*

6:00-6:45 Rounds: Boxing
BR * *Justin Walker*

6:00-6:45 Pilates Mat
YS * *Mia Wenger*

6:30-7:15 **Atletica**
MS * ***Kyle O'Brien***

7:00-8:00 Vinyasa Yoga
YS * *Kristina Erikson*

TUESDAY

6:45-7:30 Beats Ride
CS * *Avery Washington*

7:00-7:45 True Barre
YS * *Diane LaVon*

7:30-8:15 MetCon3
MS * *Natasha Ross*

8:30-9:15 True Barre: Bala Bangle
MS * *Alyssa Sarnoff*

8:45-9:30 Pilates at the Barre
YS * *Erin Monteleone*

9:30-10:15 Body Sculpt
MS * *Nicky Venditti*

10:00-10:45 Hydro Sculpt
PD * *Lisa Raphael*

10:45-11:30 Barefoot Sculpt
YS * *Zach Williams*

11:00-11:50 Precision Walk: Elevate
TR * *Lisa Raphael*

11:45-12:30 Pilates Mat
YS * *Bret Yamanaka*

12:15-1:00 Rounds: Boxing
BR * *Jermaine Bailey*

12:30-1:15 Atletica
MS * *Stephen Bel Davies*

1:15-2:00 Pilates Fusion
YS * *Isabella Baklayan*

4:15-5:00 Barefoot Sculpt
YS * *Paige Bodnar*

5:00-5:45 **Body Sculpt**
MS * ***Stacie Clark***

5:15-6:15 Swim: Pro
PD * *Brad Cole*

5:30-6:30 Power Vinyasa
YS * *Kristina Erikson*

6:00-6:45 MetCon3
MS * *Dario Torres*

6:15-7:00 Rounds: Bags and Mitts
BR * *Jermaine Bailey*

6:45-7:30 Pilates Fusion
YS * *Kat Steers*

WEDNESDAY

6:45-7:30 Stronger
MS * *Scott Gervais*

7:00-8:00 **Vinyasa Yoga**
YS * ***Jessica Chin***

7:30-8:15 Rounds: Boxing
BR * *Ronnie Love*

8:15-9:00 Stacked
MS * *Allie Taylor Mannle*

8:15-9:00 Barefoot Sculpt: The Ring
YS * *Genieve Gordon*

9:15-10:05 Pilates Rise
YS * *Genieve Gordon*

9:30-10:15 Body Sculpt
MS * *Gerard Thelemaque*

10:30-11:30 Gentle Yoga
YS * *Robert Nguyen*

12:00-1:00 Swim: Pro
PD * *Brad Cole*

12:15-1:00 Pilates at the Barre
YS * *Kevin VerEecke*

12:30-1:15 Stronger
MS * *Natasha Ross*

2:30-3:30 Vinyasa Yoga
YS * *Johan Montijano*

4:00-4:50 Pilates Rise
YS * *Ross Daniel*

5:15-6:00 Stronger
MS * *Rob Lavecchia*

5:30-6:15 True Barre
YS * *Elizabeth Portnoy*

6:15-7:05 **Precision Run®**
TR * ***Cooper Chou***

6:30-7:15 Cardio Sculpt
MS * *Melissa Birnbaum*

6:45-7:30 Beats Ride
CS * *D Gunnz*

7:00-8:00 Vinyasa Yoga
YS * *Juan Gamboa*

THURSDAY

6:45-7:30 Beats Ride
CS * *Leah Clark*

7:00-7:45 Pilates Mat
YS * *Caroline Strong*

7:30-8:15 Leg Day
MS * *Avery Royal*

8:30-9:15 True Barre: Bala Bangle
MS * *Allie Taylor Mannle*

8:45-9:45 Slow Flow Yoga
YS * *Robert Nguyen*

9:30-10:15 Body Sculpt
MS * *Or Artzi*

10:00-10:45 Hydro Sculpt
PD * *Erwin Gonzalez*

10:45-11:30 True Barre
YS * *Sarah Marchetti Gleim*

11:45-12:30 Pilates Fusion
YS * *Melly Barnhizer*

12:15-1:00 Rounds: Boxing
BR * *Jermaine Bailey*

1:15-2:00 Pilates at the Barre
YS * *Erin Monteleone*

4:15-5:00 Barefoot Sculpt: The Ring
YS * *Sammy Tuchman*

5:00-5:45 **Stronger**
MS * ***Erin Miller***

5:30-6:15 Pilates Mat
YS * *Erin Ginn*

6:00-6:45 **Body Sculpt**
MS * ***Patrick Flannery***

6:15-7:00 **Rounds: Boxing**
BR * ***Bryan Espinoza***

6:45-7:30 True Barre
YS * *Jake Siffert*

FRIDAY

7:15-8:15 Ashtanga Yoga
YS * *Dylan Evans*

7:30-8:15 Rounds: Boxing
BR * *Champ Parris*

8:30-9:15 Stronger
MS * *Robert Burke*

8:30-9:15 Pilates Mat
YS * *Sammy Tuchman*

9:30-10:15 Cardio Sculpt
MS * *Stephanie Levinson*

9:30-10:15 True Barre
YS * *Kevin VerEecke*

10:00-11:00 Hydro Sculpt
PD * *Torello Cabrol*

10:30-11:30 Gentle Yoga
YS * *Robert Nguyen*

12:15-1:05 Pilates Rise
YS * *Ross Daniel*

12:30-1:15 Body Sculpt
MS * *Nicky Venditti*

4:00-4:45 Pilates Fusion
YS * *Bret Yamanaka*

5:30-6:15 Beats Ride
CS * *D Gunnz*

5:45-6:45 Vinyasa Yoga
YS * *Lori Brungard*

SATURDAY

8:00-9:00 Vinyasa Yoga
YS * *Caitlyn Casson*

9:00-9:45 Stacked
MS * *Allie Taylor Mannle*

9:15-10:00 **True Barre**
YS * ***Mary Ann Massa***

9:30-10:15 Beats Ride
CS * *D Gunnz*

9:45-10:35 Precision Run®
TR * *Waz Ashayer*

10:00-10:45 Atletica
MS * *Stephen Bel Davies*

10:15-11:00 Pilates Mat
YS * *Jennifer Herrera*

10:30-11:15 Hydro Sculpt
PD * *Torello Cabrol*

10:45-11:30 Rounds: Boxing
BR * *Bryan Espinoza*

11:00-11:45 MetCon3
MS * *Waz Ashayer*

11:15-12:00 Barefoot Sculpt: The Ring
YS * *Allie Taylor Mannle*

12:00-12:45 Body Sculpt
MS * *Garry Baddal*

12:15-1:15 Vinyasa Yoga
YS * *Jessica Chin*

1:15-1:45 Meditation
YS * *Jessica Chin*

3:00-4:00 Sculpted Yoga™
YS * *James Donegan*

SUNDAY

8:30-9:15 Pilates Mat
YS * *Caroline Strong*

8:45-9:35 Precision Walk: Elevate
TR * *Lisa Raphael*

9:00-9:45 MetCon3
MS * *Avery Royal*

9:30-10:15 Vinyasa Yoga
YS * *Dylan Evans*

10:00-10:45 Cardio Dance: 305 Dance
MS * *JJ Montell*

10:00-10:45 Hydro Sculpt
PD * *Lisa Raphael*

10:30-11:20 **True Barre**
YS * ***Kevin VerEecke***

10:45-11:30 **Rounds: Boxing**
BR * ***Delida Torres***

11:00-11:45 Beats Ride
CS * *Jon Gluckner*

11:15-12:00 Cardio Sculpt
MS * *Stephanie Levinson*

11:45-12:30 **Slow Flow Yoga**
YS * ***Babette Godefroy***

12:45-1:30 **Restorative Yoga**
YS * ***Babette Godefroy***

2:30-3:15 **Barefoot Sculpt**
YS * ***Rachel King***

3:30-4:15 **Best Stretch Ever**
YS * ***Rachel King***

5:00-6:00 Vinyasa Yoga
YS * *Erica Mather*

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

EQUINOX

EAST 63RD STREET

817 Lexington Avenue

NEW YORK NY 10065

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 07:00 AM 09:00 PM

GROUP FITNESS MANAGER

allie.mannle@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

PD Pool Deck

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.

Yoga

Ashtanga Yoga Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.
Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
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.
Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
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.
Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Dance

Cardio Dance: 305 Dance Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

Boxing

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.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.
Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
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.

Running

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

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.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.
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.

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.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.
Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

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.
Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.