EQUINOX **EAST 43RD 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		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-8:00 PG *	PGX: Playground Experience *LR Davidson KaRa Dizon*	7:30-8:15 MS *	Pilates Fusion *Sammy Tuchman*	7:00-8:00 PG *	PGX: Playground Experience *Alyssa Cerrachio Keenen Johns-Harris*	7:30-8:15 MS *	Atletica *Kyle O'Brien*	7:00-8:00 PG *	PGX: Playground Experience *Or Artzi Felix Ferreira*
12:00-12:30 MS *	Upper Body Pump *Jeff Robinson*	12:00-12:45 MS *	Leg Day *Joey Ledonio*	7:30-8:20 MS *	Stronger *Jaclyn Michelle*	12:00-12:45 MS *	Stacked *Tim Flores*	12:00-12:45 MS *	Barefoot Sculpt: The Ring *Dyan Tsiumis*
12:30-1:00 MS *	Best Butt Ever *Jeff Robinson*	12:30-1:30 PG *	PGX: Playground Experience *Jason Tran Amanda Butler*	12:00-12:45 MS *	Athletic Conditioning *Amanda Butler*	12:30-1:30 PG *	PGX: Playground Experience *Amanda Butler Melissa Chisholm*	1:00-2:00 PG *	PGX: Playground Experience *Gerren Liles Amanda Butler*
1:00-1:45 CS *	Beats Ride *Leah Clark*	1:00-1:50 MS *	Vinyasa Yoga *Dorian Shorts*	1:00-1:50 MS *	Pilates Fusion *Cameron Norsworthy*	5:30-6:20 MS *	**Stronger** ***Alison O'Connor***	5:30-6:15 MS *	Atletica *Alyssa Cerrachio*
5:30-6:20 MS *	Stronger *Christina Lee*	5:30-6:20 MS *	Athletic Conditioning *Corrine Carnation*	5:30-6:15 MS *	MetCon3 *Kaelee Albritton*	5:30-6:15 PG *	Rounds: Bags and Mitts *Yohancé Primus*		
6:00-7:00 PG *	PGX: Playground Experience *Erin Sanders Zach Schanne*	6:00-7:00 PG *	**PGX: Playground Experience** ***Andrew Slane Avery Royal***	6:00-7:00 PG *	PGX: Playground Experience *Waz Ashayer Vincent Ruiz*	6:30-7:15 MS *	**Barefoot Sculpt: The Ring** ***Mandy Corcione***		
6:30-7:15 MS *	Pilates Fusion *Bret Yamanaka*	6:45-7:30 MS *	**Pilates Mat** ***Caroline Strong***	6:30-7:30 MS *	**Athletic Stretch** ***Natasha Augoustopoulos***				

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

EQUINOX

EAST 43RD STREET

521 Fifth Avenue

NEW YORK NY 10175

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

GROUP FITNESS MANAGER

amanda.palma@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

PG The Playground

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.

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.
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.
PGX: Playground Experience Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

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.

Yoga

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.

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.

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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you’re an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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 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.
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.
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.