EQUINOX

EAST 44TH 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

7:15-8:00 MS *	Leg Day *Joey Ledonio*
7:30-8:20 YS *	Sculpted Yoga™ *Jenny Mendez*
12:00-12:45 BR *	Rounds: Boxing *Ronnie Love*
12:15-1:00 YS *	Pilates Fusion *Rachel Genise*
12:30-1:15 MS *	MetCon Monday *KaRa Dizon*
4:30-5:15 YS *	True Barre: Off the Barre *Emily Naim*
4:45-5:30 MS *	Body Sculpt *Eddie Carrington*
5:30-6:15 YS *	True Barre: Bala Bangle *Emily Naim*
5:45-6:30 MS *	Cardio Dance: Zumba® *Diego Chauca*
5:45-6:35 TR *	Precision Run® *Eddie Carrington*
6:15-7:00 CS *	Beats Ride *Diego Lanza*
6:30-7:30 YS *	Vinyasa Yoga *Dorian Shorts*
6:45-7:30 MS *	Athletic Conditioning *Ugo Peter-Obiagwu*

TUESDAY

6:30-7:15 YS *	Pilates Rise *Kylie Treacy*
7:00-7:45 MS *	Stacked *JP Prishwalko*
7:15-8:00 CS *	Beats Ride *Sophie Newman*
7:30-8:15 YS *	True Barre: Off the Barre *Arianna Dolan*
12:00-12:45 BR *	Rounds: Boxing *Justin Walker*
12:15-1:05 YS *	Vinyasa Yoga *Johan Montijano*
12:30-1:15 MS *	Stronger *Sarah Cucuzzella*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Sarah Esser*
4:45-5:15 MS *	Best Abs Ever *Jack McGowan*
5:15-6:00 MS *	Stronger *Jack McGowan*
5:30-6:30 YS *	Vinyasa Yoga *Rose Firouzbakht*
6:15-7:00 CS *	Beats Ride *Violet Palmer*
6:15-7:00 MS *	Leg Day *Carolann Valentino*
6:45-7:35 YS *	Pilates Fusion *Melly Barnhizer*

WEDNESDAY

6:30-7:15 YS *	True Barre: Off the Barre *Erika Spondike*
6:45-7:30 MS *	Stronger *Jack McGowan*
7:15-8:00 CS *	Beats Ride *Dave M.*
7:30-8:20 YS *	Vinyasa Yoga *Jess Anson*
7:45-8:30 MS *	Pilates Fusion *Jennifer Herrera*
12:00-12:45 BR *	Rounds: Boxing *Jermaine Bailey*
12:15-1:00 YS *	True Barre: Bala Bangle *Diane LaVon*
12:30-1:15 MS *	Superset Athlete *TomJohn Mershon*
4:30-5:15 YS *	**True Barre: Bala Bangle** ***Nicolas de la Vega***
4:45-5:15 MS *	Best Butt Ever *Melissa Chisholm*
5:30-6:00 MS *	Upper Body Pump *Melissa Chisholm*
5:30-6:15 YS *	True Barre: Off the Barre *Erin Gamble*
5:45-6:35 TR *	Precision Run® *Jack McGowan*
6:00-6:30 MS *	Quick HIIT *Melissa Chisholm*
6:15-7:00 CS *	**Beats Ride** ***Sophie Newman***
6:30-7:30 YS *	Vinyasa Yoga *Jessica Stickler*
6:45-7:30 MS *	Stronger *Amy Amato*

THURSDAY

6:30-7:15 YS *	Pilates Fusion *Kristy DiScipio*
7:00-7:45 MS *	MetCon3 *Sophie Newman*
7:15-8:00 CS *	Beats Ride *Nowani Rattray*
7:30-8:15 YS *	Barefoot Sculpt: The Ring *Melinda Porto*
12:15-1:05 YS *	Vinyasa Yoga *Alexa Kerner*
12:30-1:20 MS *	Stronger *Jack McGowan*
4:30-5:15 YS *	True Barre: Off the Barre *Manon Hallay*
5:15-6:00 CS *	Beats Ride *Danielle Wettan*
5:30-6:15 YS *	Vinyasa Yoga *Johan Montijano*
5:45-6:30 BR *	Rounds: Bags and Mitts *Khaled Zeidan*
5:45-6:15 MS *	**Core6 Express** ***Peyton Royal***
6:15-6:45 MS *	**Upper Body Pump** ***Peyton Royal***
6:15-7:05 TR *	Precision Run® *Danielle Wettan*
6:30-7:15 YS *	Pilates Fusion *Bret Yamanaka*

FRIDAY

7:15-8:00 YS *	True Barre: Bala Bangle *Tegan H*
7:30-8:20 MS *	Stronger *Alfie Tauste*
12:00-12:45 BR *	Rounds: Boxing *Ugo Peter-Obiagwu*
12:15-1:05 YS *	Pilates Fusion *Jennifer Herrera*
12:30-1:15 MS *	Athletic Conditioning *Lauren Anthony*
4:00-4:50 YS *	Vinyasa Yoga *Taq Campbell*
5:00-5:45 YS *	True Barre: Off the Barre *Nikki Rosenbloom*

SATURDAY

9:30-10:15 YS *	Pilates Fusion *Lucas Blankenhorn*
10:30-11:30 YS *	Vinyasa Yoga *Johan Montijano*
11:30-12:15 BR *	Rounds: Bags and Mitts *Mark Morris*
11:45-12:35 YS *	True Barre: Bala Bangle *Nicolas de la Vega*

SUNDAY

11:45-12:30 YS *	Pilates Fusion *Adele Carlson*

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

EQUINOX

EAST 44TH STREET

420 Lexington Avenue

NEW YORK NY 10170

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 06:00 PM

GROUP FITNESS MANAGER

jack.mcgowan@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

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

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.
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.

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

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.

Strength

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.
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.

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.

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.
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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

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.