

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 Core6 MS * <i>Lisa Bosalavage</i>	6:30-7:15 Athletic Conditioning MS * <i>Lisa Bosalavage</i>	6:45-7:30 Tabata Max MS * <i>John Cianca</i>	6:30-7:15 Barefoot Sculpt MS * <i>Sarah Esser</i>	6:45-7:30 Stronger MS * <i>Elizabeth Tretter</i>	9:15-10:00 Barefoot Sculpt MS * <i>Alison Mathis</i>	9:30-10:15 Pilates Fusion MS * <i>Gabe Villanueva</i>
8:15-9:00 Cardio Dance MS * <i>Anastasia Gavriukhova</i>	7:15-8:00 Beats Ride CS * <i>D Gunnz</i>	7:45-8:35 Precision Run® TR * <i>John Cianca</i>	6:45-7:30 Beats Ride CS * <i>Lisa Bosalavage</i>	7:45-8:35 Precision Run® TR * <i>Elizabeth Tretter</i>	10:00-10:45 CS * <i>Elizabeth Tretter</i>	9:30-10:20 Precision Run® Elizabeth Tretter
12:00-12:30 Upper Body Pump MS * <i>Lauren Anthony</i>	8:00-8:45 True Barre: Off the Barre MS * <i>Angela Joy</i>	8:15-9:00 Stronger MS * <i>Robert Burke</i>	7:00-7:45 Rounds: Bags and Mitts BR * <i>Jermaine Bailey</i>	8:00-8:45 Vinyasa Yoga MS * <i>Katey Lewis</i>	10:15-11:00 Stronger MS * <i>Monique Alhaddad</i>	10:00-10:45 Rounds: Bags and Mitts BR * <i>Jermaine Bailey</i>
12:30-1:00 Lower Body Blast MS * <i>Lauren Anthony</i>	12:30-1:15 MetCon3 MS * <i>Eddie Carrington</i>	12:00-12:45 Rounds: Boxing BR * <i>Champ Parris</i>	8:00-8:45 True Barre: Off the Barre MS * <i>Khaleah London</i>	12:00-12:45 True Barre: Off the Barre MS * <i>Pavee Kwun</i>	11:15-12:00 Pilates Fusion MS * <i>Bret Yamanaka</i>	10:30-11:20 12:00-1:00
12:45-1:30 Rounds: Bags and Mitts BR * <i>Jermaine Bailey</i>	1:30-2:15 Pilates Fusion MS * <i>Bret Yamanaka</i>	12:00-12:45 Amplified Vinyasa (L2) MS * <i>Rika Henry</i>	11:30-12:15 Power Vinyasa MS * <i>Matt Boylin</i>	12:45-1:30 Rounds: Boxing BR * <i>Alexei Kuznietsov</i>	12:00-12:45 Rounds: Bags and Mitts Khaled Zeidan	Amplified Vinyasa (L2) <i>Rika Henry</i>
1:30-2:15 Vinyasa Yoga MS * <i>Katey Lewis</i>		1:00-1:45 True Barre: Bala Bangle MS * <i>Paige Bodnar</i>	12:30-1:15 Stronger MS * <i>Jacques Delaugere</i>	12:15-1:05 Stacked MS * <i>Jeff Robinson</i>	1:30-2:30 Weekend Wind Down Yoga <i>Jamison Goodnight</i>	True Barre: Off the Barre <i>Angela Joy</i>
4:15-5:00 True Barre: Off the Barre MS * <i>Ana Boiangiu</i>	4:15-5:00 Stronger MS * <i>Butchie Gamble</i>	5:15-6:00 MetCon3 MS * <i>John Cianca</i>	1:45-2:30 Pilates Fusion MS * <i>Erica Robinson</i>	5:00-5:45 Core6 MS * <i>Butchie Gamble</i>	3:30-4:45 True Barre: Off the Barre MS * <i>Andrea Salazar Martinez</i>	Vinyasa Yoga <i>Johan Montjano</i>
5:15-6:00 Athletic Conditioning MS * <i>Grace Cerdá</i>	5:15-6:15 Sculpted Yoga™ MS * <i>Jason Bayus</i>	6:15-7:00 Rounds: Bags and Mitts MS * <i>Khaled Zeidan</i>	4:30-5:15 Precision Run® MS * <i>John Cianca</i>	6:00-6:50 Pilates Fusion MS * <i>Maria Martinez</i>		
6:00-6:50 Precision Run + Strength TR * <i>Flaminia Fanale</i>	6:30-7:15 MetCon3 MS * <i>Elizabeth Tretter</i>	6:15-7:05 Rounds: Boxing BR * <i>Alexei Kuznietsov</i>	5:30-6:15 True Barre: Bala Bangle MS * <i>Meaghan McLeod</i>			
6:15-7:00 Power Vinyasa MS * <i>Johan Montjano</i>	7:15-7:30 Best Abs Ever MS * <i>Elizabeth Tretter</i>	6:30-7:20 Rounds: Boxing BR * <i>Beth Bardin</i>	6:30-7:15 Stronger MS * <i>Isabelle Luongo</i>			
6:30-7:15 Rounds: Bags and Mitts BR * <i>Delida Torres</i>	7:45-8:30 Pilates Fusion MS * <i>Erica Robinson</i>	7:15-8:05 Pilates Mat MS * <i>Beth Bardin</i>	7:30-8:20 Vinyasa Yoga MS * <i>Katey Lewis</i>			
7:15-8:05 Stronger MS * <i>Christina Lee</i>						

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SIGNATURE CLASSES.
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STUDIO KEY

CS Cycling Studio
MS Main 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.

❖ 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.

❖ Yoga

Amplified Vinyasa Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

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.

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.

❖ 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 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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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.

❖ 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 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.

❖ 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.

❖ 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.

❖ Sculpt

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

❖ 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.

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.