EQUINOX

**WALL 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

| | |
|---|---|
| 7:00-7:45 MS * | Core6<br>*Lisa Bosalavage* |
| 7:15-8:05 TR * | **Precision Run®**<br>***Keenen Johns-Harris*** |
| 8:15-9:00 MS * | Stronger<br>*Keenen Johns-Harris* |
| 12:00-12:50 MS * | **Circuit Training**<br>***Lauren Anthony*** |
| 12:45-1:30 BR * | Rounds: Bags and Mitts<br>*Jermaine Bailey* |
| 1:30-2:15 MS * | Vinyasa Yoga<br>*Katey Lewis* |
| 5:15-6:00 MS * | Athletic Conditioning<br>*Grace Cerda* |
| 6:15-7:00 MS * | Power Vinyasa<br>*Johan Montijano* |
| 6:30-7:15 BR * | Rounds: Bags and Mitts<br>*Delida Torres* |
| 7:15-8:05 MS * | Stronger<br>*Christina Lee* |

## TUESDAY

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|---|---|
| 6:30-7:15 MS * | Athletic Conditioning<br>*Lisa Bosalavage* |
| 7:15-8:00 CS * | Beats Ride<br>*Danielle Bernstein* |
| 8:00-8:45 MS * | True Barre: Off the Barre<br>*Angela Joy* |
| 12:30-1:15 MS * | MetCon3<br>*Eddie Carrington* |
| 1:30-2:15 MS * | Pilates Fusion<br>*Bret Yamanaka* |
| 5:30-6:30 MS * | Sculpted Yoga™<br>*Jason Bayus* |
| 6:00-6:45 BR * | Rounds: Bags and Mitts<br>*Khaled Zeidan* |
| 6:45-7:30 MS * | MetCon3<br>*Elizabeth Tretter* |
| 7:45-8:30 MS * | **Restorative Yoga**<br>***Team Equinox*** |

## WEDNESDAY

| | |
|---|---|
| 6:45-7:30 MS * | Tabata Max<br>*John Cianca* |
| 7:45-8:35 TR * | Precision Run®<br>*John Cianca* |
| 8:15-9:00 MS * | Stronger<br>*Robert Burke* |
| 11:30-12:15 MS * | **Power Vinyasa**<br>***Rose Firouzbakht*** |
| 12:15-1:00 BR * | **Rounds: Boxing**<br>***Champ Parris*** |
| 12:30-1:15 MS * | **Barefoot Sculpt: The Ring**<br>***Mandy Corcione*** |
| 1:30-2:15 MS * | **True Barre: Bala Bangle**<br>***Paige Bodnar*** |
| 5:15-6:00 MS * | MetCon3<br>*John Cianca* |
| 6:15-7:00 MS * | Vinyasa Yoga<br>*Johan Montijano* |
| 6:15-7:05 TR * | Precision Run®<br>*John Cianca* |
| 6:30-7:20 BR * | Rounds: Boxing<br>*Team Equinox* |
| 7:15-8:05 MS * | Pilates Mat<br>*Beth Bardin* |

## THURSDAY

| | |
|---|---|
| 6:30-7:15 MS * | Barefoot Sculpt<br>*Team Equinox* |
| 6:45-7:30 CS * | Beats Ride<br>*Lisa Bosalavage* |
| 7:00-7:45 BR * | Rounds: Bags and Mitts<br>*Jermaine Bailey* |
| 8:00-8:45 MS * | True Barre: Off the Barre<br>*Khaleah London* |
| 12:30-1:15 MS * | Stronger<br>*Jacques Delaugere* |
| 1:45-2:30 MS * | Pilates Mat<br>*Claire Goldes* |
| 4:30-5:15 MS * | **Athletic Conditioning**<br>***Emma Vielbig*** |
| 5:30-6:15 MS * | True Barre: Bala Bangle<br>*Meaghan McLeod* |
| 6:30-7:15 MS * | Stronger<br>*Isabelle Luongo* |
| 7:30-8:20 MS * | Vinyasa Yoga<br>*Katey Lewis* |

## FRIDAY

| | |
|---|---|
| 6:45-7:30 MS * | Stronger<br>*Elizabeth Tretter* |
| 7:45-8:35 TR * | Precision Run®<br>*Elizabeth Tretter* |
| 8:00-8:45 MS * | Vinyasa Yoga<br>*Katey Lewis* |
| 11:00-11:45 MS * | Restorative Yoga<br>*Kira McCarthy* |
| 12:00-12:45 MS * | True Barre: Off the Barre<br>*Pavee Kwun* |
| 12:45-1:30 BR * | Rounds: Boxing<br>*Champ Parris* |
| 4:00-4:45 MS * | **Stacked**<br>***Shannon Kronstadt*** |
| 5:00-5:45 MS * | **Leg Day**<br>***Shannon Kronstadt*** |

## SATURDAY

| | |
|---|---|
| 9:15-10:00 MS * | Barefoot Sculpt: The Ring<br>*Alison Mathis* |
| 10:00-10:45 CS * | Beats Ride<br>*Jeanette Smith* |
| 10:15-11:00 MS * | Stronger<br>*Monique Alhaddad* |
| 11:15-12:00 MS * | Pilates Fusion<br>*Bret Yamanaka* |
| 12:00-12:45 BR * | Rounds: Bags and Mitts<br>*Khaled Zeidan* |
| 12:15-1:05 MS * | **Circuit Training**<br>***Grace Cerda*** |
| 1:30-2:30 MS * | Weekend Wind Down Yoga<br>*Jamison Goodnight* |

## SUNDAY

| | |
|---|---|
| 9:30-10:15 MS * | Pilates Fusion<br>*Gabe Villanueva* |
| 10:00-10:45 BR * | Rounds: Bags and Mitts<br>*Jermaine Bailey* |
| 10:30-11:00 MS * | **Best Butt Ever**<br>***Elizabeth Tretter*** |
| 11:00-11:30 MS * | Upper Body Pump<br>*Elizabeth Tretter* |
| 12:00-1:00 MS * | Amplified Vinyasa (L2)<br>*Rika Henry* |
| 1:30-2:20 MS * | True Barre: Bala Bangle<br>*Ana Boiangiu* |
| 4:00-5:00 MS * | Vinyasa Yoga<br>*Johan Montijano* |

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

EQUINOX

**WALL STREET**

14 Wall Street

NEW YORK NY 10005

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 08:00 AM 07:00 PM

**GROUP FITNESS MANAGER**

keenen.johnsharris@equinox.com

***SIGNATURE CLASSES.***

***ACCLAIMED INSTRUCTORS.***

***TRANSFORMED BODIES.***

**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.

## 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.
**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.
**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.

## 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.

## 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 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.
**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, 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.
**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.

## 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.

## 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.