

# EQUNOX

## TRIBECA

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MetCon Monday MS * Elizabeth Tretter	6:30-7:20 Stronger MS * Alex Kerber	6:30-7:15 Athletic Conditioning MS * Melissa Chisholm	6:30-7:15 Whipped! MS * John Cianca	7:00-7:45 Anthem Ride CS * Leah Clark	9:00-9:45 Stronger MS * Jacques Delaugere	9:00-9:50 360 Strength MS * Melissa Chisholm
7:15-8:00 True Barre: Bala Bangle YS * Cindy Davis	7:00-7:45 Beats Ride CS * Alejandra Acosta	7:15-8:00 Pilates Mat YS * Richel Ruiz	7:00-7:50 Precision Run® TR * Elizabeth Tretter	7:15-8:00 Pilates Fusion YS * Jennifer Herrera	9:45-10:45 Vinyasa Yoga YS * Jena Maenius	9:30-10:15 Pilates Mat YS * Dara Adler
7:30-8:20 Precision Run® TR * Elizabeth Tretter	7:15-8:15 Vinyasa Yoga YS * Kira McCarthy	8:00-8:45 Superset Athlete MS * Tom John Mershon	7:15-8:00 True Barre: Bala Bangle YS * Meaghan McLeod	8:00-8:45 Stronger MS * Tom John Mershon	10:00-10:45 MetCon3 MS * John Cianca	10:45-11:30 Best Stretch Ever MS * Rika Henry
8:00-8:45 Stronger MS * Bonnie Flannery	7:45-8:35 360 Strength MS * Jacques Delaugere	8:30-9:15 Vinyasa Yoga YS * Luna Castilho	7:45-8:30 MetCon3 MS * John Cianca	8:15-9:00 Amplified Vinyasa (L2) YS * Rika Henry	10:45-11:30 Beats Ride CS * Meghan Cox	
8:30-9:15 True Barre: Off the Barre YS * Nikki Rosenbloom	8:30-9:15 True Barre: Bala Bangle YS * Lucas Blankenhorn	9:15-10:00 The Cut MS * Eddie Carrington	8:30-9:15 Barefoot Sculpt YS * Alison O'Connor	9:15-10:00 Tabata Max MS * John Cianca	11:00-11:45 True Barre: Bala Bangle MS * Monica Colino	11:30-12:30 Vinyasa Yoga YS * Kira McCarthy
9:15-10:00 Body Sculpt MS * Bonnie Flannery	9:15-10:00 MetCon3 MS * Pamela Trujillo	10:00-10:45 True Barre: Off the Barre YS * Meaghan McLeod	9:15-10:05 Stronger MS * Lauren Anthony	10:00-10:45 True Barre: Off the Barre YS * Nikki Rosenbloom	11:00-11:50 Precision Run® TR * John Cianca	12:15-1:00 True Barre: Bala Bangle MS * Rika Henry
10:00-10:50 True Barre: Bala Bangle YS * Jenna Coker-Jones	10:15-11:00 Body Sculpt MS * Melissa Chisholm	12:00-1:00 Vinyasa Yoga YS * Mardi Sykes	10:15-11:05 Precision Run® TR * Lauren Anthony	10:15-11:05 Precision Run® TR * John Cianca	11:45-12:30 Pilates Fusion YS * Elgin McCargo	2:00-2:45 Body Sculpt MS * Elgin McCargo
12:00-1:00 Amplified Vinyasa (L2) YS * Rika Henry	12:30-1:15 Barefoot Sculpt YS * Stephen Bel Davies	4:30-5:15 True Barre: Bala Bangle YS * Lucas Blankenhorn	12:30-1:15 True Barre: Bala Bangle YS * Or Artzi	12:00-12:45 Pilates Mat YS * Claire Goldes	12:00-12:30 Best Butt Ever MS * Stephen Bel Davies	4:00-5:00 Vinyasa Yoga YS * Stella Stephanopolous
4:30-5:15 Pilates Mat YS * Alison Mathis	4:30-5:15 Barefoot Sculpt YS * Kristin Condon	5:30-6:15 Pilates Mat YS * Claire Goldes	4:30-5:15 Body Sculpt MS * Bonnie Flannery	4:30-5:15 True Barre: Off the Barre YS * Alison O'Connor	12:30-1:00 Upper Body Pump MS * Stephen Bel Davies	
5:30-6:15 True Barre: Off the Barre YS * Andy Santana	5:30-6:15 True Barre: Bala Bangle YS * Toni Fuller	5:45-6:30 Rhythmic Sculpt MS * Paige Bodnar	5:30-6:20 Pilates Rise MS * Paige Bodnar	5:15-6:00 Core6 MS * Devin Symone	2:00-2:45 True Barre: Bala Bangle YS * Elgin McCargo	
5:45-6:30 Core6 MS * KaRa Dizon	5:45-6:30 Stronger MS * Diego Guevara	6:30-7:20 Sculpted Yoga™ YS * Kristin Bilella	5:45-6:30 Pilates Rise MS * Toni Fuller	6:00-6:45 Pilates Fusion MS * Bret Yamanaka	3:00-3:45 Body Sculpt MS * Gaby Moreno	
6:00-6:45 Beats Ride CS * Meghan Cox	6:30-7:20 Pilates Rise YS * Richel Ruiz	6:45-7:15 Best Butt Ever MS * Paige Bodnar	6:45-7:30 Stronger MS * Paige Bodnar	6:45-7:30 True Barre: Bala Bangle YS * Meaghan McLeod	4:00-4:50 Pilates Rise YS * Toni Fuller	
6:30-7:30 Vinyasa Yoga YS * Mardi Sykes	6:45-7:30 Body Sculpt MS * Gaby Moreno	7:15-7:45 Best Abs Ever MS * Paige Bodnar	7:30-8:15 True Barre: Off the Barre YS * Monica Colino			
7:00-7:45 Best Butt Ever MS *	7:30-8:30 Vinyasa Yoga YS * Caitlyn Casson	7:30-8:15 True Barre: Off the Barre YS * Monica Colino				

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## TRIBECA

54 Murray Street

NEW YORK NY 10007

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

Kids

FRI-SUN 09:00 AM 02:00 PM

## GENERAL MANAGER

Andrew Tresca

andrew.tresca@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthems Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**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®** 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.

**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.

## 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.

**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.

**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.

**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.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

## 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.

**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.

## Boxing

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

## 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.

## Sculpt

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

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

## Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**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.