EQUINOX **TRIBECA**

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

6:15-7:00 MS * — Tabata Max — *Elizabeth Tretter*

6:30-7:15 YS * — True Barre: Bala Bangle — *Cindya Davis*

7:15-8:00 MS * — MetCon Monday — *Chloe Allen*

7:20-8:10 TR * — Precision Run® — *Elizabeth Tretter*

7:30-8:30 YS * — Vinyasa Yoga — *Kira McCarthy*

9:15-10:00 RF * — Pilates Reform (Premium) — *Ciana Jao*

9:30-10:15 MS * — Body Sculpt — *Bonnie Flannery*

10:30-11:15 YS * — Pilates Mat — *Mitchell Allison*

12:00-12:45 RF * — Pilates Reform (Premium) — *Leah Distelhorst*

12:00-12:45 YS * — True Barre: Bala Bangle — *Nikki Rosenbloom*

4:30-5:15 YS * — Pilates Mat — *Alison Mathis*

5:30-6:15 RF * — Pilates Reform (Premium) — *Patti Alvarez*

5:30-6:15 YS * — True Barre: Off the Barre — *Andy Santana*

5:45-6:30 MS * — MetCon Monday — *KaRa Dizon*

6:00-6:45 CS * — Beats Ride — *Meghan Cox*

6:30-7:30 YS * — Vinyasa Yoga — *Mardi Sykes*

7:00-7:45 MS * — Best Butt Ever — *Meghan Cox*

TUESDAY

6:15-7:05 MS * — Stronger — *Grace Cerda*

6:30-7:20 YS * — Pilates Rise — *Rachel King*

7:00-7:45 CS * — Beats Ride — *Ney Melo*

7:30-8:15 MS * — **Athletic Conditioning** — ***Christian Galvis***

7:45-8:30 YS * — True Barre: Bala Bangle — *Lucas Blankenhorn*

9:30-10:15 MS * — MetCon3 — *Pamela Trujillo*

10:30-11:15 YS * — True Barre: Off the Barre — *Nicole Uribarri*

12:00-12:45 RF * — Pilates Reform (Premium) — *Tarryn Brands*

12:15-1:00 YS * — Barefoot Sculpt — *Diane LaVon*

4:30-5:15 YS * — Barefoot Sculpt: The Ring — *Kristin Condon*

5:30-6:20 YS * — Pilates Rise — *Toni Fuller*

5:45-6:30 MS * — Stronger — *Diego Guevara*

5:45-6:30 RF * — Pilates Reform (Premium) — *Ciana Jao*

6:30-7:15 YS * — True Barre: Off the Barre — *Jake Siffert*

6:45-7:30 MS * — **Stacked** — ***Shannon Kronstadt***

7:30-8:20 YS * — Sculpted Yoga™ — *Caitlyn Casson*

WEDNESDAY

6:00-6:45 RF * — Pilates Reform (Premium) — *Chinonso Achilike*

6:30-7:15 MS * — Athletic Conditioning — *Melissa Chisholm*

6:45-7:30 YS * — True Barre: Bala Bangle — *Robert Burke*

7:00-7:45 RF * — Pilates Reform (Premium) — *Ashley Yehoda*

7:30-8:15 MS * — Stacked — *Jenna Coker-Jones*

7:45-8:30 YS * — Pilates Mat — *Adele Carlson*

9:15-10:00 YS * — **True Barre: Bala Bangle** — ***Nikki Rosenbloom***

10:00-10:45 RF * — Pilates Reform (Premium) — *Jack Wunsch*

10:15-11:00 MS * — **Body Sculpt** — ***Vincent Ruiz***

12:00-12:45 RF * — Pilates Reform (Premium) — *Ellie De Waal*

12:00-1:00 YS * — Vinyasa Yoga — *Mardi Sykes*

4:30-5:15 YS * — True Barre: Bala Bangle — *Lucas Blankenhorn*

5:30-6:15 RF * — Pilates Reform (Premium) — *Tarryn Brands*

5:30-6:20 YS * — Sculpted Yoga™ — *Kristin Bilella*

5:45-6:30 MS * — **Rhythmic Sculpt** — ***Paige Bodnar***

6:30-7:15 YS * — Pilates Mat — *Claire Goldes*

6:45-7:30 MS * — Body Sculpt — *Kyla Owen*

7:30-8:15 YS * — True Barre: Off the Barre — *Claire Goldes*

THURSDAY

6:30-7:15 MS * — Whipped! — *John Cianca*

6:30-7:15 YS * — Pilates Fusion — *Gerard Thelemaque*

7:00-7:45 RF * — Pilates Reform (Premium) — *Ashley Yehoda*

7:00-7:50 TR * — Precision Run® — *Elizabeth Tretter*

7:30-8:15 MS * — Tabata Max — *John Cianca*

7:45-8:30 YS * — Barefoot Sculpt: The Ring — *Monica Colino*

8:00-8:45 RF * — Pilates Reform (Premium) — *Sophie Bross*

9:30-10:20 MS * — Stronger — *Lauren Anthony*

10:30-11:15 YS * — Pilates Fusion — *Toni Fuller*

12:15-1:15 YS * — Power Vinyasa — *Pasquale Guiducci*

12:30-1:15 RF * — Pilates Reform (Premium) — *Adele Carlson*

4:30-5:15 MS * — Body Sculpt — *Bonnie Flannery*

5:30-6:15 YS * — Pilates Mat — *Jill Weinstein*

5:45-6:15 MS * — **Core6 Express** — ***Joey Ledonio***

6:00-6:45 RF * — Pilates Reform (Premium) — *Leah Distelhorst*

6:15-6:45 MS * — **Quick HIIT** — ***Joey Ledonio***

6:30-7:30 YS * — Power Vinyasa — *Victoria Gibbs*

FRIDAY

6:45-7:30 YS * — Pilates Fusion — *Alison Mathis*

7:00-7:45 RF * — Pilates Reform (Premium) — *Chinonso Achilike*

7:15-8:00 CS * — Beats Ride — *Leah Clark*

7:45-8:30 YS * — Power Vinyasa — *Rika Henry*

8:00-8:45 MS * — Stronger — *TomJohn Mershon*

8:00-8:45 RF * — Pilates Reform (Premium) — *Talia Schwartz*

9:15-10:00 MS * — MetCon3 — *John Cianca*

10:15-11:05 TR * — Precision Run® — *John Cianca*

10:30-11:15 YS * — **Barefoot Sculpt: The Ring** — ***Nicole Uribarri***

12:00-12:45 YS * — Pilates Mat — *Claire Goldes*

1:15-2:00 RF * — Pilates Reform (Premium) — *Claire Goldes*

4:30-5:15 YS * — True Barre: Off the Barre — *Alison O'Connor*

5:15-6:00 MS * — Body Sculpt — *Devin Symone*

5:30-6:15 YS * — Pilates Fusion — *Bret Yamanaka*

SATURDAY

8:30-9:15 YS * — **True Barre: Off the Barre** — ***Christina Berkley***

9:00-9:45 MS * — **Stacked** — ***Grace Cerda***

9:00-9:45 RF * — Pilates Reform (Premium) — *Gillian Popino*

9:30-10:30 YS * — Vinyasa Yoga — *Jena Maenius*

10:00-10:45 MS * — MetCon3 — *John Cianca*

10:30-11:15 CS * — Beats Ride — *Meghan Cox*

10:45-11:30 YS * — Pilates Fusion — *Alison Mathis*

11:00-11:50 TR * — Precision Run® — *John Cianca*

11:45-12:30 YS * — Barefoot Sculpt — *Pasquale Guiducci*

12:00-12:30 MS * — Best Butt Ever — *Stephen Bel Davies*

12:00-12:45 RF * — Pilates Reform (Premium) — *Sharon Livardo*

12:30-1:00 MS * — Upper Body Pump — *Stephen Bel Davies*

2:00-2:45 YS * — True Barre: Bala Bangle — *Kameica Reid*

SUNDAY

9:00-9:45 YS * — Pilates Mat — *Dara Adler*

9:15-10:00 MS * — Stronger — *Melissa Chisholm*

10:00-10:45 RF * — Pilates Reform (Premium) — *Jack Wunsch*

10:00-10:45 YS * — **Off the Barre** — ***Mary Ann Massa***

10:30-11:15 MS * — Best Stretch Ever — *Rika Henry*

11:00-12:00 YS * — Vinyasa Yoga — *Kira McCarthy*

11:30-12:15 MS * — Athletic Conditioning — *Patrick Flannery*

12:15-1:00 YS * — **Barefoot Sculpt: The Ring** — ***Ana Boiangiu***

2:00-2:45 MS * — Body Sculpt — *Elgin McCargo*

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EQUINOX

TRIBECA

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NEW YORK NY 10007

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

Kids

FRI-SUN 09:00 AM 02:00 PM

GROUP FITNESS MANAGER

pasquale.guiducci@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

RF Reformer 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

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.

Barre

Off the Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.
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 Reform A Pilates workout that increases strength, improves flexibility and connects movements to your core, using the Pilates Reformer. This class combines dynamic but controlled movements using spring-based resistance for a balanced full body workout.
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.

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.
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.
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.

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.
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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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.