EQUINOX **SOHO**

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

6:30-7:20 MS *	Stronger *Grace Cerda*
6:45-7:30 YS *	Barefoot Sculpt *Elyse Cowles*
7:30-8:15 MS *	Body Sculpt *Vincent Ruiz*
7:45-8:30 YS *	Pilates Mat *Elyse Cowles*
8:30-9:15 MS *	Cardio Sculpt *Makena Diehl*
9:30-10:15 MS *	Body Sculpt *Molly Mook*
10:45-11:30 MS *	Stacked *Or Artzi*
12:15-1:00 MS *	Body Sculpt *Lynsey F*
12:30-1:15 YS *	Pilates Mat *Itsy Rachatasumrit*
4:30-5:15 YS *	Pilates Fusion *Jacques Delaugere*
5:00-5:45 MS *	Best Butt Ever *David Robert*
5:30-6:15 YS *	True Barre: Off the Barre *Alyssa Sarnoff*
6:00-6:45 MS *	MetCon Monday *Antonio Hudson*
6:15-7:00 CS *	Anthem Ride *Katie Horwitch*
6:45-7:45 YS *	Vinyasa Yoga *Dee Holliday*
7:00-7:45 MS *	Tabata Max *Antonio Hudson*

TUESDAY

6:30-7:15 MS *	MetCon3 *Bonnie Flannery*
7:00-7:45 CS *	Beats Ride *Siercia O'Brien*
7:00-7:45 YS *	Power Vinyasa *Jena Maenius*
7:45-8:30 MS *	Body Sculpt *Antonio Hudson*
9:15-10:00 YS *	Barefoot Sculpt: The Ring *Genieve Gordon*
10:45-11:30 MS *	Best Butt Ever *Esteban Deleon*
12:15-1:00 YS *	Barefoot Sculpt *Elgin McCargo*
12:30-1:15 MS *	Stronger *Jacques Delaugere*
4:00-5:00 YS *	Vinyasa Yoga *Serena Tom*
5:15-6:00 MS *	Cardio Sculpt *Molly Mook*
5:15-6:15 YS *	Power Vinyasa *Serena Tom*
6:15-7:00 MS *	Stronger *Pamela Trujillo*
6:30-7:15 CS *	Beats Ride *Gater*
6:30-7:15 YS *	Pilates Rise *Lucas Blankenhorn*
7:15-8:00 MS *	Muay Thai *Khaled Zeidan*
7:30-8:15 YS *	True Barre: Bala Bangle *Lucas Blankenhorn*

WEDNESDAY

6:30-7:15 MS *	Body Sculpt *Pamela Trujillo*
6:30-7:20 TR *	Precision Run® *Eddie Carrington*
6:45-7:30 YS *	**Barefoot Sculpt: The Ring** ***Chloe Allen***
7:30-8:15 MS *	Athletic Conditioning *Eddie Carrington*
7:45-8:30 YS *	Sculpted Yoga™ *Kumiko Buckman*
8:45-9:30 YS *	Pilates Fusion *Sophie Burzynski*
10:45-11:30 MS *	Circuit Training *Jason Tran*
12:00-1:00 YS *	Vinyasa Yoga *Ali Cramer*
12:15-1:00 MS *	MetCon3 *Jason Tran*
12:30-1:15 CS *	Beats Ride *Mario Martinez*
4:30-5:15 YS *	Pilates Mat *Khaleah London*
5:30-6:15 YS *	Amplified Vinyasa (L2) *Rika Henry*
5:45-6:35 TR *	Precision Walk: Elevate *Khaleah London*
6:00-6:45 MS *	Cardio Dance *Antonio Hudson*
6:30-7:15 CS *	Beats Ride *Erin Ay*
6:45-7:30 YS *	Pilates Mat *Elgin McCargo*
7:00-7:45 MS *	**Body Sculpt** ***Antonio Hudson***
7:45-8:45 YS *	**Yin Yoga Meditation** ***Babette Godefroy***

THURSDAY

6:30-7:15 MS *	Stronger *Joey Ledonio*
7:00-7:45 CS *	Beats Ride *Roxana Viesca*
7:15-8:00 YS *	Power Vinyasa *Alyssa Sarnoff*
7:45-8:30 MS *	Best Butt Ever *Esteban Deleon*
9:15-10:00 YS *	**Barefoot Sculpt: The Ring** ***Kyla Owen***
10:45-11:30 YS *	Pilates Fusion *Jacques Delaugere*
12:15-1:00 YS *	True Barre: Off the Barre *Andy Santana*
12:30-1:20 MS *	Stronger *Bonnie Flannery*
4:00-4:45 YS *	Best Stretch Ever *Rika Henry*
5:15-6:00 MS *	Body Sculpt *Mandy Corcione*
5:15-6:15 YS *	Vinyasa Yoga *Jim Scholl*
6:15-7:00 MS *	Stacked *Jason Tran*
6:30-7:15 YS *	True Barre: Bala Bangle *Toni Fuller*
7:15-8:05 MS *	Stronger *Jason Tran*
7:30-8:15 YS *	Pilates Mat *Cindya Davis*

FRIDAY

7:15-8:00 YS *	Pilates Mat *Caroline Strong*
7:30-8:15 MS *	Stronger *Daxton Bloomquist*
8:30-9:15 MS *	Body Sculpt *Daxton Bloomquist*
8:45-9:30 YS *	True Barre: Bala Bangle *Diane LaVon*
9:30-10:15 MS *	Barefoot Sculpt *Alex Ware*
10:45-11:30 MS *	Whipped! *Kyle O'Brien*
12:15-1:00 MS *	Cardio Dance *Antonio Hudson*
12:30-1:20 YS *	Pilates Rise *Alex Ware*
4:00-4:45 YS *	True Barre: Off the Barre *Zach Eisenberg*
4:45-5:30 MS *	**Athletic Conditioning** ***David Robert***
5:30-6:30 YS *	Vinyasa Yoga *Serena Tom*
6:00-6:45 MS *	Body Sculpt *Elgin McCargo*

SATURDAY

9:00-9:45 YS *	Pilates Mat *Chad Balen*
9:30-10:15 MS *	Whipped! *Corrine Carnation*
10:30-11:15 MS *	**Stronger** ***Jacques Delaugere***
10:30-11:30 YS *	Vinyasa Yoga *Miguel Sarmiento*
11:00-11:45 CS *	Anthem Ride *Katie Horwitch*
11:30-12:15 MS *	**Best Butt Ever** ***Lynsey F***
12:00-12:45 YS *	True Barre: Bala Bangle *Khaleah London*
12:30-1:15 MS *	Core6 *Lynsey F*
1:00-1:50 TR *	Precision Walk: Elevate *Khaleah London*
1:15-2:30 YS *	Amplified Vinyasa (L3) *Rika Henry*
1:30-2:15 MS *	Muay Thai *Khaled Zeidan*
2:30-3:15 MS *	**Studio Dance: Jazz** ***Malik Williams***
2:45-3:30 YS *	Best Stretch Ever *Rika Henry*
3:45-4:30 YS *	Pilates Fusion *Sophie Burzynski*
5:00-6:00 YS *	Vinyasa Yoga *Megna Paula*

SUNDAY

9:30-10:15 MS *	**Stronger** ***Dario Torres***
9:45-10:30 YS *	Pilates Fusion *Elyse Cowles*
10:30-11:15 MS *	**Athletic Conditioning** ***Dario Torres***
10:45-11:30 YS *	True Barre: Bala Bangle *Ana Boiangiu*
11:30-12:15 MS *	Body Sculpt *Kaylyn Eigen*
11:45-1:00 YS *	Power Vinyasa (L2) *Serena Tom*
1:45-2:45 YS *	Vinyasa Yoga *Dennis Teston*
3:00-3:45 YS *	Tai Chi *Khaled Zeidan*
4:30-5:15 YS *	Sonic Meditation *Kumiko Buckman*

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

EQUINOX

SOHO

69 Prince Street

NEW YORK NY 10012

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

jacques.delaugere@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

Anthem 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.

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.
Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. 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

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

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.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

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.
Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

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.
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.
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.

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.
Studio Dance: Jazz A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.

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.
Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.
Tai Chi A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

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.