EQUINOX **HIGH LINE**

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

6:45-7:30 MS *	Barefoot Sculpt: The Ring *Becca Wood*
7:15-8:00 CS *	Beats Ride *Ary Nunez*
7:15-8:00 YS *	True Barre: Off the Barre *Erin Monteleone*
8:15-9:00 MS *	**MetCon Monday** ***Aidan Dayani***
9:30-10:15 YS *	True Barre: Off the Barre *Pavee Kwun*
12:15-1:00 MS *	**Best Butt Ever** ***Nyree Brown***
4:30-5:15 YS *	True Barre: Bala Bangle *Paige Bodnar*
5:30-6:15 YS *	Pilates Fusion *Maria Martinez*
6:00-6:45 CS *	Beats Ride *Mario Martinez*
6:00-6:30 MS *	Core6 Express *Bryce Vaewsorn*
6:45-7:30 MS *	Stronger *Bryce Vaewsorn*
7:00-8:00 YS *	Power Vinyasa *Seth Barron*

TUESDAY

6:30-7:15 MS *	Athletic Conditioning *Diego Guevara*
7:00-7:50 TR *	Precision Run® *Anastasiia Gavriukhova*
7:00-7:50 YS *	Sculpted Yoga™ *Emily Fawcett*
7:30-8:15 MS *	**Best Butt Ever** ***Diego Guevara***
9:45-10:30 YS *	True Barre: Bala Bangle *Sarah Esser*
12:15-1:00 MS *	Stronger *Daxton Bloomquist*
4:45-5:35 YS *	Pilates Rise *Claire Goldes*
5:45-6:15 MS *	Quick HIIT *Abbey Hunt*
6:00-6:45 YS *	True Barre: Off the Barre *Lindsey Miller*
6:15-7:00 CS *	Beats Ride *Leah Clark*
6:15-6:45 MS *	Upper Body Pump *Abbey Hunt*
6:45-7:15 MS *	Best Butt Ever *Abbey Hunt*
7:00-8:00 YS *	Vinyasa Yoga *Jamison Goodnight*
7:15-7:45 MS *	Best Abs Ever *Abbey Hunt*

WEDNESDAY

6:45-7:30 MS *	**MetCon3** ***Smita Nalluri***
7:15-8:00 CS *	Beats Ride *Zach Williams*
7:15-8:00 YS *	Pilates Fusion *Dara Adler*
7:45-8:30 MS *	Stronger *Smita Nalluri*
8:15-9:00 YS *	True Barre: Bala Bangle *Zach Williams*
12:15-1:00 YS *	Pilates Mat *Adele Carlson*
4:30-5:15 YS *	Power Vinyasa *Johan Montijano*
5:30-6:15 YS *	Pilates Mat *Beth Bardin*
5:45-6:30 MS *	**Stronger** ***Diego Guevara***
6:45-7:35 MS *	Barefoot Sculpt: The Ring *Bella Merritt*
7:00-8:00 YS *	Power Vinyasa *Michelle Savage*

THURSDAY

6:30-7:15 MS *	**Stronger** ***Wyatt Slone***
7:00-7:50 TR *	Precision Run® *Christie Vozniak*
7:15-8:15 YS *	Vinyasa Yoga *Mardi Sykes*
7:30-8:15 MS *	**Rhythmic Sculpt** ***Anastasiia Gavriukhova***
8:30-9:15 YS *	True Barre: Bala Bangle *Paige Bodnar*
9:30-10:20 YS *	Pilates Rise *Pavee Kwun*
10:45-11:30 MS *	**Barefoot Sculpt: The Ring** ***Stephen Bel Davies***
4:45-5:30 YS *	Pilates Mat *Bret Yamanaka*
5:45-6:45 YS *	Vinyasa Yoga *Anke Meserve*
6:00-6:45 CS *	Beats Ride *Mario Martinez*
6:45-7:30 MS *	Stronger *Adena Ershow*
7:00-7:45 YS *	True Barre: Off the Barre *Chelsea Brite*

FRIDAY

6:45-7:30 MS *	Barefoot Sculpt: The Ring *Emma DiLauro*
7:30-8:15 YS *	True Barre: Off the Barre *Sarah Esser*
7:45-8:15 MS *	Quick HIIT *Emily Comerford*
8:15-8:45 MS *	Best Abs Ever *Emily Comerford*
8:30-9:15 YS *	Pilates Mat *Jen Tarentino*
10:00-11:00 MS *	TRX Max (L2) *Nyree Brown*
12:15-1:00 YS *	Pilates Rise *Jill Weinstein*
3:30-4:15 MS *	**Body Sculpt** ***Esteban Deleon***
4:30-5:15 YS *	True Barre: Off the Barre *Pavee Kwun*
5:30-6:30 YS *	Vinyasa Yoga *Mardi Sykes*

SATURDAY

8:30-9:15 YS *	Pilates Fusion *Kristy DiScipio*
9:15-10:00 MS *	MetCon3 *Jason Tran*
9:30-10:30 YS *	Vinyasa Yoga *Katey Lewis*
10:00-10:45 CS *	Beats Ride *Kristy DiScipio*
10:15-11:00 MS *	Stronger *Robert Burke*
10:45-11:35 YS *	Pilates Rise *Emma DiLauro*
11:15-12:05 MS *	Barefoot Sculpt: The Ring *Kristy DiScipio*
12:15-1:15 YS *	Power Vinyasa *Anke Meserve*
2:15-3:05 YS *	True Barre: Off the Barre *Chelsea Brite*
3:15-3:45 YS *	Athletic Stretch *Chelsea Brite*

SUNDAY

9:15-10:00 YS *	True Barre: Bala Bangle *Jenna Coker-Jones*
9:30-10:00 MS *	Best Butt Ever *Wyatt Slone*
10:00-10:45 CS *	Beats Ride *Ev Autio*
10:00-10:15 MS *	Upper Body Pump *Wyatt Slone*
10:15-10:30 MS *	Best Abs Ever *Wyatt Slone*
10:15-11:15 YS *	Vinyasa Yoga *Jamison Goodnight*
10:45-11:30 MS *	Stronger *Jenna Coker-Jones*
12:00-12:45 YS *	Pilates Mat *Jill Weinstein*
4:00-4:45 YS *	True Barre: Off the Barre *Paige Bodnar*
5:00-6:00 YS *	Vinyasa Yoga *Anke Meserve*

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

EQUINOX

HIGH LINE

100 Tenth Avenue

NEW YORK NY 10011

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

jessica.davis@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

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

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.

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.
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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Sculpt

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.