EQUINOX **ORCHARD 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 CS *	Beats Ride *Betty Kasper*
7:15-8:00 YS *	Power Vinyasa (Heated) *Caitlyn Casson*
7:30-8:15 MS *	**Barefoot Sculpt: The Ring** ***Alison O'Connor***
8:30-9:15 YS *	Pilates Mat *Jacques Delaugere*
8:45-9:35 MS *	Stronger *Joey Ledonio*
9:45-10:30 YS *	True Barre *Alison O'Connor*
12:00-12:45 YS *	Pilates Mat *Khaleah London*
1:00-1:45 YS *	True Barre: Bala Bangle *Khaleah London*
2:00-2:50 YS *	Vinyasa Yoga (Heated) *Matt D'Amico*
4:00-4:45 YS *	True Barre *Alyssa Sarnoff*
5:00-5:45 YS *	Pilates Mat *Miriam Shestack*
5:15-6:00 MS *	Cardio Sculpt *Calvin Wiley*
5:30-6:20 TR *	Precision Run® *Sam Jaffe*
6:00-6:45 YS *	Barefoot Sculpt *Miriam Shestack*
6:15-7:15 MS *	Studio Dance: Calvinography *Calvin Wiley*
7:00-7:45 CS *	Beats Ride *Jon Gluckner*
7:15-8:00 YS *	Pilates Rise *Jill Weinstein*
7:30-8:15 MS *	MetCon Monday *Vincent Ruiz*
8:15-9:00 YS *	Vinyasa Yoga *Jill Weinstein*

TUESDAY

6:00-6:45 YS *	True Barre (Heated) *Lucas Blankenhorn*
6:30-7:15 MS *	Core6 *Robert Burke*
7:00-7:45 YS *	Pilates Mat (Heated) *Cindya Davis*
7:30-8:20 TR *	Precision Run® *Robert Burke*
7:45-8:30 MS *	Stronger *Bonnie Flannery*
8:15-9:00 YS *	Vinyasa Yoga *Keith Allen*
8:45-9:30 CS *	Beats Ride *Bonnie Flannery*
8:45-9:30 MS *	Barefoot Sculpt: The Ring *Cindya Davis*
9:15-10:00 YS *	Pilates Fusion *Kyla Lloyd*
10:15-11:05 YS *	Pilates at the Barre *Diane LaVon*
12:00-1:00 YS *	Vinyasa Yoga *Mardi Sykes*
12:30-1:15 MS *	Body Sculpt *Sammy Tuchman*
2:00-2:45 YS *	Pilates Mat *Sammy Tuchman*
4:00-4:45 YS *	True Barre (Heated) *Sammy Tuchman*
5:15-6:00 YS *	Pilates Fusion *Elise Shim*
5:30-6:15 MS *	**Barefoot Sculpt: The Ring** ***Chloe Allen***
6:15-7:15 YS *	Power Vinyasa *Seth Barron*
6:30-7:15 MS *	Stronger *Daxton Bloomquist*
7:00-7:45 CS *	Beats Ride *Sami Haendler*
7:30-8:15 MS *	Body Sculpt *Daxton Bloomquist*
8:15-9:00 YS *	Pilates Mat *Beth Bardin*

WEDNESDAY

6:30-7:15 MS *	Cardio Sculpt *Genieve Gordon*
6:45-7:45 YS *	Vinyasa Yoga *Kristina Erikson*
7:00-7:45 CS *	Beats Ride *Jenny Sun*
7:30-8:15 MS *	Stronger *Natasha Ross*
8:00-8:45 YS *	Pilates Fusion *Jacques Delaugere*
8:15-9:00 CS *	Beats Ride *Gater*
8:45-9:30 MS *	Barefoot Sculpt: The Ring *Team Equinox*
9:15-10:00 YS *	True Barre: Bala Bangle *Diane LaVon*
10:15-11:00 YS *	Power Vinyasa *Johan Montijano*
12:00-12:45 YS *	Pilates Fusion (Heated) *Maria Martinez*
2:00-2:45 YS *	Barefoot Sculpt *Team Equinox*
4:00-4:50 YS *	Slow Flow Yoga *Mardi Sykes*
5:30-6:15 YS *	Pilates Fusion *Bret Yamanaka*
5:45-6:30 MS *	Barefoot Sculpt: The Ring *Mandy Corcione*
6:30-7:15 YS *	True Barre (Heated) *Rosie Fiedelman*
6:45-7:30 MS *	Stronger *Keenen Johns-Harris*
7:00-7:45 CS *	Beats Ride *Jon Gluckner*
7:30-8:15 YS *	Vinyasa Yoga (Heated) *Kristin Bilella*
7:45-8:30 MS *	Body Sculpt *Keenen Johns-Harris*

THURSDAY

6:00-6:45 YS *	Pilates at the Barre *Genieve Gordon*
6:45-7:30 CS *	Beats Ride *Marirose Aleardi*
7:15-8:00 YS *	True Barre *Kyla Lloyd*
7:45-8:30 MS *	Barefoot Sculpt: The Ring *Robert Burke*
8:00-8:45 CS *	Beats Ride *Bonnie Flannery*
8:15-9:00 YS *	Pilates Fusion *Kyla Lloyd*
8:45-9:30 MS *	Stronger *Robert Burke*
10:00-10:45 YS *	Pilates Mat (Heated) *Sammy Tuchman*
12:00-1:00 YS *	Vinyasa Yoga (Heated) *Kristin Bilella*
12:30-1:15 MS *	Body Sculpt *Miriam Shestack*
2:00-2:45 YS *	True Barre *Sammy Tuchman*
4:15-5:00 MS *	Barefoot Sculpt: The Ring *Stephen Bel Davies*
5:15-6:00 YS *	Pilates Mat *Brian Slaman*
5:30-6:15 MS *	Stronger *Stephen Bel Davies*
5:30-6:15 TR *	Precision Run® *Daxton Bloomquist*
6:30-7:15 MS *	Body Sculpt *Daxton Bloomquist*
6:45-7:45 YS *	Sculpted Yoga™ *Kumiko Buckman*
8:15-9:00 YS *	Pilates Fusion *Jill Weinstein*

FRIDAY

7:00-7:45 YS *	Barefoot Sculpt (Heated) *Bella Merritt*
7:30-8:15 MS *	Stronger *Mandy Corcione*
8:00-8:45 CS *	Beats Ride *Chris Vernon*
8:15-9:15 YS *	Power Vinyasa (Heated) *Kumiko Buckman*
8:30-9:15 MS *	Barefoot Sculpt: The Ring *Mandy Corcione*
11:30-12:20 YS *	Power Vinyasa *Alyssa Sarnoff*
12:00-12:45 MS *	Body Sculpt *Bonnie Flannery*
12:45-1:30 YS *	True Barre *Alyssa Sarnoff*
2:00-2:45 YS *	Barefoot Sculpt *Christina Berkley*
4:00-4:45 MS *	Body Sculpt *Vincent Ruiz*
4:45-5:30 YS *	True Barre: Bala Bangle *Lucas Blankenhorn*
5:30-6:15 MS *	**Stacked** ***Vincent Ruiz***
5:45-6:30 CS *	Beats Ride *Lucas Blankenhorn*
5:45-6:30 YS *	Pilates Fusion *Team Equinox*
7:15-8:15 YS *	Yin Yoga Meditation *Team Equinox*

SATURDAY

9:00-9:45 MS *	Athletic Conditioning *Elsa Saatela*
9:30-10:30 YS *	Vinyasa Yoga (Heated) *Kristina Erikson*
10:00-10:50 TR *	Precision Run® *Elsa Saatela*
10:15-11:00 MS *	Stronger *Vincent Ruiz*
10:45-11:30 YS *	Pilates Fusion *Kyla Lloyd*
11:15-12:00 CS *	Beats Ride *Lucas Blankenhorn*
11:30-12:15 MS *	Body Sculpt *Keenen Johns-Harris*
12:00-12:45 YS *	True Barre *Kyla Lloyd*
12:30-1:15 MS *	Stronger *Vincent Ruiz*
1:15-2:15 YS *	Vinyasa Yoga (Heated) *Matt D'Amico*
3:00-3:45 YS *	Pilates Mat (Heated) *Bret Yamanaka*
4:15-5:15 YS *	Weekend Wind Down Yoga *Franklin Camacho*

SUNDAY

9:00-9:45 MS *	Body Sculpt *Vincent Ruiz*
9:30-10:15 YS *	Pilates Mat *Beth Bardin*
10:15-11:00 MS *	Cardio Kickboxing *Liubomyr Ozhovych*
10:45-11:45 YS *	Vinyasa Yoga *Johan Montijano*
11:15-12:00 MS *	Body Sculpt *Pamela Trujillo*
11:30-12:15 CS *	Beats Ride *Jenny Sun*
12:00-12:45 YS *	True Barre *Cindya Davis*
12:45-1:30 MS *	Stronger *Joey Ledonio*
1:00-1:45 YS *	Pilates Fusion *Cindya Davis*
1:30-2:20 TR *	Precision Run® *Sam Jaffe*
2:00-2:45 YS *	Best Stretch Ever (Heated) *Rika Henry*
2:30-3:15 MS *	Barefoot Sculpt: The Ring *Mandy Corcione*
3:00-3:45 YS *	Sonic Meditation *Kumiko Buckman*
5:30-6:30 YS *	Vinyasa Yoga (Heated) *Johan Montijano*

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

EQUINOX

ORCHARD STREET

200 Orchard Street

NEW YORK NY 10002

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 08:00 PM

GROUP FITNESS MANAGER

matt.damico@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.
Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.
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.
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.

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.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.
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.

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, 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.
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.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.
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.

Dance

Studio Dance: Calvinography Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

Boxing

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

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.

Strength

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.