EQUINOX

PRINTING HOUSE

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

6:30-7:15 MS *	True Barre: Bala Bangle *Nicolas de la Vega*
7:15-8:15 YS *	Sunrise Vinyasa Yoga *Evan Perry*
7:45-8:30 MS *	**MetCon Monday** ***Lauren Anthony***
8:45-9:30 MS *	Body Sculpt *Alex Ware*
1:00-1:45 MS *	Pilates Mat *Tarryn Brands*
4:30-5:15 MS *	Stronger *Michelle Sim*
5:30-6:15 MS *	True Barre: Bala Bangle *Jose Rivera Jr.*
6:00-6:45 CS *	Beats Ride *Jenny Sun*
6:15-7:15 YS *	Sculpted Yoga™ *Kristin Condon*
6:30-7:15 MS *	MetCon Monday *Molly Day*
7:30-8:15 MS *	Barefoot Sculpt: The Ring *Kristin Condon*

TUESDAY

6:15-7:00 MS *	Pilates Fusion *Cameron Norsworthy*
6:30-7:20 TR *	**Precision Walk: Elevate** ***Amy Amato***
7:15-8:00 MS *	True Barre: Off the Barre *Cameron Norsworthy*
7:30-8:20 TR *	**Precision Run®** ***Ally Raisian***
9:30-10:20 MS *	Stronger *Sarah Cucuzzella*
10:30-11:15 MS *	Best Stretch Ever *Sarah Cucuzzella*
12:30-1:15 MS *	Body Sculpt *Jose Rivera Jr.*
5:15-6:00 MS *	Pilates Fusion *Kyla Lloyd*
5:45-6:30 YS *	Sunset Vinyasa Yoga *Alexa Kerner*
6:15-7:00 MS *	Body Sculpt *Kyla Lloyd*
7:15-8:00 MS *	**True Barre: Bala Bangle** ***Becca Wood***

WEDNESDAY

6:30-7:15 MS *	Stronger *Dyan Tsiumis*
7:15-8:05 TR *	Precision Run® *Amy Amato*
7:30-8:15 MS *	Body Sculpt *Dyan Tsiumis*
8:30-9:15 MS *	True Barre: Bala Bangle *Claire Crause*
9:15-10:05 CS *	Beats Ride *Jaimie Austin*
10:30-11:15 MS *	Pilates Mat *Ron Tal*
5:15-6:15 YS *	**Slow Flow Yoga** ***Lisa Landphair***
5:30-6:15 MS *	Stronger *Isabelle Luongo*
6:30-7:15 MS *	Pilates Mat *Adele Carlson*
7:15-8:15 YS *	Vinyasa Yoga *Erica Robinson*

THURSDAY

6:15-7:05 MS *	Pilates Rise *Becca Wood*
7:15-8:00 MS *	**True Barre: Bala Bangle** ***Becca Wood***
7:30-8:20 TR *	**Precision Run®** ***Jess Bieda***
9:30-10:15 MS *	Body Sculpt *Isabelle Luongo*
10:30-11:30 YS *	Slow Flow Yoga *Kevin Bigger*
12:30-1:15 MS *	Barefoot Sculpt: The Ring *Paige Bodnar*
5:15-6:00 MS *	**Pilates Fusion** ***Gerard Thelemaque***
5:30-6:30 YS *	**Sunset Vinyasa Yoga** ***Evan Perry***
6:15-7:00 MS *	Stronger *Lauren Anthony*

FRIDAY

6:30-7:15 MS *	Barefoot Sculpt: The Ring *Kyla Owen*
7:30-8:20 TR *	Precision Walk: Elevate *Amy Amato*
7:45-8:30 MS *	Cardio Sculpt *Bubba Caruso*
8:45-9:30 MS *	Pilates Mat *Caroline Strong*
9:45-10:30 MS *	Stronger *Renee Pesante*
10:45-11:30 MS *	Best Stretch Ever *Mardi Sykes*
2:15-3:00 MS *	Pilates Mat *Tarryn Brands*
4:45-5:30 MS *	Body Sculpt *Isabelle Luongo*
5:15-6:00 CS *	Beats Ride *Frank Louis*
5:45-6:45 YS *	Vinyasa Yoga *Johan Montijano*

SATURDAY

8:15-9:00 MS *	Pilates Fusion *Ash Kaya*
9:15-10:00 MS *	**Stronger** ***LR Davidson***
9:45-10:45 YS *	Vinyasa Yoga *Jill Weinstein*
10:15-11:00 MS *	Body Sculpt *Michelle Sim*
10:30-11:15 CS *	Beats Ride *LR Davidson*
11:15-12:00 MS *	Pilates Mat *Jill Weinstein*
12:30-1:15 MS *	True Barre: Off the Barre *Zach Eisenberg*
1:30-2:15 MS *	Stronger *Melissa Chisholm*

SUNDAY

8:45-9:30 MS *	Barefoot Sculpt: The Ring *Mandy Corcione*
9:45-10:30 MS *	True Barre: Bala Bangle *Emily Naim*
10:00-10:50 TR *	Precision Walk: Elevate *Amy Amato*
10:30-11:30 CS *	Beats Ride 60 *Frank Louis*
11:00-11:45 MS *	**Stacked** ***Smita Nalluri***
12:00-12:45 MS *	Best Stretch Ever *Ev Autio*
1:00-1:50 MS *	Pilates Rise *Dara Adler*
4:00-5:15 YS *	Weekend Wind Down Yoga *Mindy Bacharach*

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

EQUINOX

PRINTING HOUSE

421 Hudson St.

NEW YORK NY 10014

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

jose.rivera01@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.
Beats Ride 60 An extended rhythmic cycling class so you can ride those extra miles to 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

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.
Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.
Sunset Vinyasa Yoga Flow into the evening with this dynamic, breath-synced Vinyasa practice timed to the setting sun. Continuous, intentional movement builds heat and strength while linking breath to motion, helping you transition from the pace of your day into a state of calm, grounded energy.
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.

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: 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

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: 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

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.