EQUINOX

BRYANT PARK

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	YS *	True Barre: Bala Bangle (Heated) *Sarah Marchetti Gleim*
7:30-8:15	MS *	Stronger *Jeff Robinson*
8:00-8:45	YS *	**Pilates Fusion (Heated)** ***Jessica Chin***
12:15-1:00	YS *	Power Vinyasa (L2) (Heated) *Lindsay Carson*
12:30-1:15	MS *	Stacked *Kevin Scott*
1:30-2:15	MS *	Barefoot Sculpt: The Ring *Leah Hulgin*
4:00-5:00	YS *	Amplified Vinyasa (L2) (Heated) *Rika Henry*
5:30-6:15	MS *	MetCon Monday *Bonnie Flannery*
5:30-6:30	YS *	Vinyasa Yoga *Jena Maenius*
5:45-6:35	TR *	Precision Run® *Khaled Zeidan*
6:30-7:15	MS *	Body Sculpt *Bonnie Flannery*
6:45-7:30	YS *	Pilates Mat *Bianca Crystal*

TUESDAY

6:45-7:30	MS *	Barefoot Sculpt: The Ring *Alison O'Connor*
7:00-8:00	YS *	Sunrise Vinyasa Yoga (Heated) *Matt D'Amico*
7:15-8:00	CS *	Beats Ride *Javier Ortega*
7:45-8:30	MS *	MetCon3 *Wyatt Slone*
8:15-9:05	YS *	Pilates Rise (Heated) *Alex Ware*
12:15-1:00	YS *	**Pilates Fusion** ***Rachel Genise***
12:30-1:15	MS *	Stronger *TomJohn Mershon*
1:15-2:15	YS *	Vinyasa Yoga *Elitza Dempsey*
4:00-4:45	YS *	Best Stretch Ever *Rika Henry*
5:15-6:00	MS *	Superset Athlete *TomJohn Mershon*
5:30-6:15	YS *	Pilates Mat *Bret Yamanaka*
6:15-7:00	CS *	Beats Ride *TomJohn Mershon*
6:30-7:00	MS *	Upper Body Pump *Kyle White*
6:30-7:20	YS *	Sunset Vinyasa Yoga *Jane Johnsen*
7:00-7:30	MS *	Best Abs Ever *Kyle White*

WEDNESDAY

7:15-8:15	YS *	Pilates Mat (Heated) *Khaleah London*
7:45-8:30	MS *	Stacked *Kevin Scott*
8:30-9:15	YS *	True Barre: Off the Barre (Heated) *Sarah Marchetti Gleim*
12:15-1:00	YS *	Power Vinyasa *Alison O'Connor*
12:30-1:15	MS *	MetCon3 *Kyle White*
1:15-2:00	YS *	True Barre: Off the Barre (Heated) *Connie Sousek*
4:00-4:45	YS *	Pilates Mat (Heated) *Bret Yamanaka*
5:15-6:15	YS *	Vinyasa Yoga (Heated) *VR Colletti*
5:30-6:20	MS *	Stronger *Maddie Myers*
5:45-6:35	TR *	Precision Run® *Khaled Zeidan*
6:30-7:15	MS *	Best Butt Ever *Tracy Gordon*
6:45-7:30	MS *	**Pilates Mat** ***Caroline Strong***

THURSDAY

6:45-7:30	MS *	Athletic Conditioning *Chloe Allen*
7:00-8:00	YS *	**Power Vinyasa (Heated)** ***Serena Tom***
7:45-8:30	MS *	Body Sculpt *Zuta Gilchriest*
8:00-8:45	CS *	Precision Ride *Amanda Katz*
8:15-9:00	YS *	Pilates Fusion (Heated) *Brian Slaman*
12:15-1:15	YS *	Vinyasa Yoga (Heated) *Mary Horne*
12:30-1:15	MS *	Stronger *Allie Taylor Mannle*
4:00-5:00	YS *	Power Vinyasa (Heated) *Lindsay Carson*
5:15-6:00	MS *	**Pure Strength** ***Coco Cohen***
5:30-6:15	YS *	True Barre: Bala Bangle *Michael J. Clark*
6:30-7:20	MS *	Studio Dance: Contemporary *Shayne Staley*
6:30-7:30	YS *	Sculpted Yoga™ *Michael J. Clark*

FRIDAY

7:15-8:00	YS *	Pilates Fusion (Heated) *Shawn Kobetz*
7:30-8:20	MS *	Stronger *KaRa Dizon*
8:15-9:00	YS *	Best Stretch Ever *Shawn Kobetz*
12:15-1:00	YS *	Pilates Mat *Rosie Fiedelman*
12:30-1:15	MS *	Superset Athlete *TomJohn Mershon*
1:30-2:15	YS *	Best Stretch Ever *Diane LaVon*
4:00-5:00	YS *	Vinyasa Yoga (Heated) *Jamison Goodnight*
5:30-6:15	YS *	Pilates Mat *Khaleah London*

SATURDAY

10:30-11:15	MS *	Ropes and Rowers *TomJohn Mershon*
11:30-12:15	YS *	Pilates Fusion (Heated) *Rosie Fiedelman*

SUNDAY

12:00-1:15	YS *	Power Vinyasa (Heated) *Jamison Goodnight*

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

EQUINOX

BRYANT PARK

129 West 41st Street

NEW YORK NY 10036

EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 02:00 PM

GROUP FITNESS MANAGER

shawn.kobetz@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.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

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.
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.
Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.
Superset Athlete This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.

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.

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.

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.

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.
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.

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.

Dance

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. 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.

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.
Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.