EQUINOX

EAST 92ND 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

6:30-7:15 BA *	Pilates Fusion *Kristin Pujanauski*
6:45-7:35 TR *	Precision Run® *Chelsea Amengual*
7:00-8:00 PG *	PGX: Playground Experience *Felix Ferreira Emily Comerford*
7:30-8:15 MS *	Athletic Conditioning *Diego Guevara*
7:45-8:35 BA *	True Barre *Mel Gallo*
9:15-10:00 MS *	The Cut *Eddie Carrington*
10:15-11:00 BA *	True Barre *James Ervin*
11:00-11:45 MS *	Best Stretch Ever *Diane LaVon*
12:00-1:00 YS *	Vinyasa Yoga *Mary Horne*
12:15-1:00 BA *	Barefoot Sculpt: The Ring *Allie Taylor Mannle*
4:15-5:00 BA *	Pilates Mat *Rosie Fiedelman*
5:15-6:15 YS *	Power Vinyasa (Heated) *Serena Tom*
5:30-6:20 BA *	True Barre *James Ervin*
5:45-6:30 MS *	MetCon Monday *Brian Ahn*
6:00-6:45 TR *	Precision Run® *Shweky*
6:15-7:00 CS *	**Beats Ride** ***Alex Kerber***
7:00-8:00 YS *	Vinyasa Yoga *Serena Tom*
7:15-8:05 MS *	Stronger *Brian Ahn*
7:30-8:15 BA *	True Barre *Emily Naim*

TUESDAY

6:30-7:15 MS *	MetCon3 *Rob Lavecchia*
7:15-8:00 BA *	Pilates at the Barre *Mia Wenger*
7:15-8:00 CS *	Beats Ride *Zach Williams*
7:15-7:30 MS *	Best Abs Ever *Rob Lavecchia*
7:30-8:30 YS *	Vinyasa Yoga *Josh Mathew-Meier*
9:00-9:45 BA *	True Barre *Mia Wenger*
9:30-10:20 MS *	Stronger *Carolann Valentino*
10:30-11:30 YS *	Vinyasa Yoga *Johan Montijano*
12:15-1:00 BA *	Pilates Fusion *Kat Steers*
1:30-2:30 YS *	Restorative Yoga *Mary Aranas*
4:30-5:15 BA *	True Barre *Rachel Bonet*
5:15-6:05 MS *	Stronger *Shanice Reyes*
5:30-6:30 YS *	Power Vinyasa *Alicia Morris*
5:45-6:30 BA *	Pilates Mat *Erin Ginn*
6:00-6:50 CS *	Beats Ride *Jaimie Austin*
6:30-7:15 MS *	Cardio Sculpt *Melissa Birnbaum*
7:00-7:50 BA *	True Barre *James Ervin*
7:30-8:30 PG *	PGX: Playground Experience *Dario Torres Shanice Reyes*
7:30-8:45 YS *	Vinyasa Yoga (Heated) *Evan Perry*

WEDNESDAY

6:30-7:15 BA *	True Barre *Mel Gallo*
6:30-7:20 MS *	Stronger *Carolann Valentino*
7:00-8:00 YS *	Vinyasa Yoga *Lauren Harris*
7:15-8:00 CS *	Beats Ride *Chayanne Joel*
7:35-8:20 MS *	Cardio Sculpt *Mel Gallo*
7:45-8:35 TR *	Precision Run® *Shaun Anthony*
9:00-9:45 MS *	Rounds: Pro *CJ Reyes*
10:00-10:45 BA *	Pilates at the Barre *Lucas Blankenhorn*
10:15-10:45 MS *	Best Butt Ever *Jeff Robinson*
10:45-11:15 MS *	Upper Body Pump *Jeff Robinson*
12:00-1:00 YS *	Power Vinyasa (Heated) *Esco Wilson*
12:15-1:00 BA *	Pilates Fusion *Erin Monteleone*
5:15-6:15 YS *	Yin Yoga Meditation *Emily Naim*
5:30-6:15 BA *	True Barre *Lindsey Miller*
6:00-6:30 MS *	**Best Butt Ever** ***Dario Torres***
6:15-7:00 CS *	Beats Ride *Chantel Taylor*
6:30-6:45 MS *	**Upper Body Pump** ***Dario Torres***
7:00-8:00 YS *	Vinyasa Yoga *Andrea Borrero*
7:15-8:00 MS *	Core6 *Dario Torres*
7:30-8:15 BA *	True Barre *Andrea Salazar Martinez*

THURSDAY

6:30-7:15 MS *	MetCon3 *Delida Torres*
6:45-7:30 CS *	**Beats Ride** ***Kate Veak***
7:15-8:00 BA *	True Barre *Cindya Davis*
7:30-8:15 MS *	Body Sculpt *Joan Ferraro*
8:30-9:15 MS *	Best Butt Ever *Cindya Davis*
9:00-9:45 BA *	Pilates Fusion *Kat Steers*
9:30-10:15 MS *	Stronger *Shaun Anthony*
10:30-11:30 YS *	Vinyasa Yoga (Heated) *Serena Tom*
12:15-1:05 BA *	Pilates Rise *Genieve Gordon*
1:30-2:30 YS *	Yin Yoga *Jane Johnsen*
4:30-5:15 BA *	Barefoot Sculpt: The Ring *Andrea Salazar Martinez*
5:15-6:00 MS *	**Body Sculpt** ***Emily Comerford***
5:30-6:30 YS *	Vinyasa Yoga (Heated) *Jane Johnsen*
5:45-6:30 BA *	**Pilates Fusion** ***Kristin Pujanauski***
6:00-6:45 CS *	Anthem Ride *Jon Gluckner*
6:30-7:30 PG *	PGX: Playground Experience *Emily Comerford Shanice Reyes*
6:45-7:45 MS *	Studio Dance: Jazz *Aria Terango*
7:00-7:45 BA *	**Barre** ***Commodore Primous***
7:30-8:30 YS *	Vinyasa Yoga *Caitlyn Casson*

FRIDAY

6:30-7:15 BA *	**Barre** ***Chloe Ellison***
6:30-7:15 MS *	Leg Day *Diane LaVon*
6:45-7:35 TR *	Precision Run® *Bryce Wood*
7:00-8:00 YS *	Vinyasa Yoga *Margaret Schwarz*
7:15-8:00 CS *	Beats Ride *Chantel Taylor*
7:45-8:30 BA *	Barefoot Sculpt: The Ring *Melinda Porto*
7:45-8:30 MS *	Rounds: Boxing *CJ Reyes*
9:15-10:00 MS *	Core6 *Gaby Moreno*
10:15-11:00 BA *	True Barre *Emily Naim*
12:00-1:00 YS *	Vinyasa Yoga *Kristin Bilella*
12:15-1:15 PG *	PGX: Playground Experience *Zach Schanne Shanice Reyes*
12:30-1:15 BA *	Pilates Mat *Adele Carlson*
4:30-5:30 YS *	Yin Yoga Meditation (Heated) *Jessica Metz*
5:00-5:45 BA *	Pilates Fusion *Laeticia Emmanuel*
6:00-6:45 MS *	Body Sculpt *Vanita Iyer*
6:15-7:00 BA *	True Barre *Toni Fuller*
6:15-7:15 YS *	Vinyasa Yoga (Heated) *Andrea Borrero*

SATURDAY

8:30-9:15 BA *	True Barre *Lindsey Miller*
9:00-9:50 MS *	Stacked *Abbey Hunt*
9:30-10:15 CS *	Beats Ride *Zach Williams*
10:00-11:15 YS *	Vinyasa Yoga *Esco Wilson*
10:15-11:00 BA *	Pilates Fusion *Kayla Prestel*
10:30-11:15 MS *	Cardio Sculpt *Melissa Birnbaum*
11:15-12:00 CS *	Beats Ride *D Gunnz*
11:30-12:20 BA *	True Barre *James Ervin*
12:15-1:15 YS *	Vinyasa Yoga *Lori Brungard*
12:30-1:15 MS *	Rounds: Boxing *Justin Walker*
1:00-2:00 PG *	PGX: Playground Experience *Felix Ferreira Dario Torres*
1:15-2:00 BA *	**True Barre** ***Katie Brunson***
2:00-3:00 YS *	Slow Flow Yoga *Kristina Erikson*
2:30-3:15 BA *	Pilates Mat *Adele Carlson*
4:00-5:00 YS *	Restorative Yoga *Anubha Elaine Boudouris*

SUNDAY

9:00-9:45 MS *	Stronger *Jeff Robinson*
9:15-10:15 CS *	Beats Ride 60 *D Gunnz*
9:45-10:30 BA *	True Barre *Nikki Rosenbloom*
9:45-10:00 MS *	Best Abs Ever *Jeff Robinson*
10:00-11:00 YS *	Slow Flow Yoga *Shelley McPherson*
10:15-11:05 MS *	MetCon3 *Jeff Robinson*
11:00-11:45 BA *	True Barre *James Ervin*
11:45-12:45 YS *	Vinyasa Yoga *Dylan Evans*
12:00-12:45 MS *	Cardio Dance: Zumba® *Monique Alhaddad*
12:30-1:15 BA *	Pilates Mat *Deena Parrilla*
1:00-1:45 MS *	Best Stretch Ever *Monique Alhaddad*
2:00-3:00 YS *	Power Vinyasa (Heated) *Serena Tom*
4:00-4:45 CS *	Beats Ride *Jon Gluckner*
4:15-5:00 BA *	True Barre *Jake Siffert*
5:00-6:00 YS *	Weekend Wind Down Yoga *Donna Davidge*
5:30-6:15 BA *	Pilates Fusion *Isabella Baklayan*

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

EQUINOX

EAST 92ND STREET

203 East 92nd Street

NEW YORK NY 10128

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

james.ervin@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

PG The Playground

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.
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.

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.
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.
PGX: Playground Experience Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

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.

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.

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.
Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.
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

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.
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.

Dance

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.
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.

Boxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.
Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.
The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It’s just you, light hand-weights, and five rhythmic, relentless rounds. 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.
Leg Day Don’t skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.