EQUINOX

BROOKLYN HEIGHTS

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

7:15-8:00 MS * — Athletic Conditioning — *Natasha Ross*

7:30-8:30 YS * — Vinyasa Yoga — *Kevin Lamb*

8:15-9:00 MS * — Body Sculpt — *Sara Deberry*

9:00-9:50 YS * — Pilates at the Barre — *Kevin VerEecke*

12:00-12:45 YS * — Pilates Mat — *Claire Danese*

12:30-1:15 MS * — Core6 — *Joey Ledonio*

1:15-2:15 YS * — Vinyasa Yoga — *Kevin Bigger*

4:30-5:15 YS * — Barefoot Sculpt: The Ring — *Katherine Menna*

5:30-6:15 YS * — Pilates Fusion — *Katherine Menna*

5:45-6:30 MS * — Leg Day — *Joey Ledonio*

5:45-6:30 TR * — Precision Run® — *Sara Hogrefe*

6:45-7:35 CS * — Precision Ride — *Sara Hogrefe*

6:45-7:30 MS * — MetCon Monday — *Natasha Ross*

7:00-8:00 YS * — Vinyasa Yoga — *Julie Dohrman*

TUESDAY

7:00-7:45 MS * — Stronger — *Isabelle Luongo*

7:30-8:30 YS * — Sculpted Yoga™ — *Kristin Condon*

8:15-9:00 MS * — **MetCon3** — ***Isabelle Luongo***

8:45-9:30 YS * — Pilates Fusion — *Aurora Vaughan*

9:15-10:00 MS * — Atletica — *Marie Jasmin*

12:00-12:45 YS * — Barefoot Sculpt: The Ring — *Kristin Condon*

12:30-1:15 MS * — Stronger — *Devin Symone*

1:15-2:15 YS * — Vinyasa Yoga — *Kristin Bilella*

4:15-5:00 YS * — Best Stretch Ever — *Ev Autio*

5:30-6:15 MS * — True Barre: Off the Barre — *Ana Boiangiu*

5:45-6:30 YS * — Pilates Fusion — *Jennifer Benesch*

6:15-7:15 CS * — Endurance Ride 60 — *Avery Washington*

6:45-7:30 MS * — Pure Strength — *Natasha Ross*

7:00-8:00 YS * — Vinyasa Yoga — *Team Equinox*

WEDNESDAY

7:00-7:45 CS * — Beats Ride — *Ney Melo*

7:15-8:00 MS * — Atletica — *Marie Jasmin*

7:30-8:30 YS * — Vinyasa Yoga — *Rose Firouzbakht*

8:15-9:00 MS * — Cardio Sculpt — *Cindya Davis*

9:00-9:45 YS * — Pilates Mat — *Caroline Strong*

12:00-1:00 YS * — Vinyasa Yoga — *Kevin Lamb*

12:30-1:15 MS * — Rhythmic Sculpt — *Robert Burke*

1:15-2:00 YS * — True Barre — *Meaghan McLeod*

4:30-5:15 YS * — Power Vinyasa — *Andrey Block*

5:30-6:15 MS * — Body Sculpt — *Genieve Gordon*

5:45-6:30 CS * — Beats Ride — *Avery Washington*

5:45-6:45 YS * — Vinyasa Yoga — *Julie Dohrman*

6:30-7:15 MS * — Rounds: Boxing — *Champ Parris*

6:45-7:30 TR * — Precision Run® — *Avery Washington*

7:00-7:45 YS * — Pilates Mat — *Jen Tarentino*

THURSDAY

7:00-7:45 MS * — Stacked — *Devin Symone*

7:30-8:20 YS * — Power Vinyasa — *Rika Henry*

8:15-9:00 MS * — **Body Sculpt** — ***Devin Symone***

8:45-9:30 YS * — True Barre — *Christina Berkley*

12:00-12:45 YS * — Pilates Fusion — *Cindya Davis*

12:30-1:15 MS * — Body Sculpt — *Butchie Gamble*

1:00-2:00 YS * — Vinyasa Yoga — *Ruah Bhay*

4:15-5:15 YS * — Slow Flow Yoga — *Kevin Bigger*

5:30-6:15 YS * — Pilates Fusion — *Jennifer Benesch*

5:45-6:30 MS * — Stronger — *Natasha Ross*

6:00-6:45 CS * — Beats Ride — *Lisa Bosalavage*

6:30-7:30 YS * — Vinyasa Yoga — *Rose Firouzbakht*

6:45-7:30 MS * — Studio Dance: Hip Hop — *Nicholas Powers*

FRIDAY

7:00-7:45 CS * — Beats Ride — *Lisa Bosalavage*

7:30-8:15 YS * — True Barre — *Alyssa Sarnoff*

8:00-8:45 MS * — Atletica — *Marie Jasmin*

8:30-9:15 YS * — Vinyasa Yoga — *Damien Alexander*

12:15-1:05 YS * — Pilates at the Barre — *Genieve Gordon*

12:30-1:20 MS * — Ropes and Rowers — *Felix Ferreira*

1:30-2:30 YS * — Vinyasa Yoga — *Jacob Reynolds*

4:00-4:50 MS * — Stronger — *Dario Torres*

5:15-6:15 YS * — Sculpted Yoga™ — *Kristin Condon*

6:30-7:15 YS * — Sonic Meditation — *Kristin Condon*

SATURDAY

8:45-9:45 YS * — Vinyasa Yoga — *Jacob Reynolds*

9:00-9:45 MS * — MetCon3 — *Team Equinox*

9:45-10:30 TR * — Precision Run® — *Sara Hogrefe*

10:00-10:45 YS * — Pilates Fusion — *Bret Yamanaka*

10:15-11:00 MS * — Athletic Conditioning — *Genieve Gordon*

10:45-11:35 CS * — Precision Ride — *Sara Hogrefe*

11:30-12:20 YS * — Pilates Rise — *Genieve Gordon*

12:00-12:50 MS * — Stronger Women — *Devin Symone*

12:45-1:30 YS * — True Barre — *Leah Hulgin*

1:30-2:15 MS * — Rounds: Boxing — *Champ Parris*

2:15-3:15 YS * — Weekend Wind Down Yoga — *Kevin Bigger*

4:00-5:15 YS * — Yin Yoga — *Rose Firouzbakht*

SUNDAY

9:00-9:45 MS * — MetCon3 — *Lisa Bosalavage*

9:15-10:00 YS * — True Barre — *Christina Berkley*

9:30-10:20 TR * — Precision Walk: Elevate — *Christie Vozniak*

10:00-10:45 CS * — Beats Ride — *Lisa Bosalavage*

10:00-10:45 MS * — Rhythmic Sculpt — *Marissa Myers*

10:45-11:45 YS * — Vinyasa Yoga — *Ruah Bhay*

11:15-12:00 MS * — Best Butt Ever — *Jenna Matroni*

12:00-12:45 YS * — Pilates Mat — *Caroline Strong*

12:30-1:20 MS * — Circuit Training — *Jenna Matroni*

1:15-2:15 YS * — Vinyasa Yoga — *Evan Perry*

3:00-3:45 YS * — True Barre — *Alyssa Sarnoff*

4:00-5:00 YS * — Vinyasa Yoga — *Alyssa Sarnoff*

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

EQUINOX

BROOKLYN HEIGHTS

194 Joralemon Street

BROOKLYN NY 11201

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

felix.ferreira@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.
Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.
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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
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.

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: 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.
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.

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.

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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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: 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: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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.

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

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.
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.
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.
Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women’s performance program. Optimized for women, but open to all. An Equinox exclusive.