EQUINOX

SPORTS CLUB NEW YORK

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

7:30-8:15	MS *	Pure Strength *Javier Ortega*
9:00-9:45	BR *	Rounds: Boxing *Ahmad Simmons*
9:15-10:15	BA *	True Barre *Kat Steers*
9:30-10:30	MS *	Studio Dance: Calvinography *Calvin Wiley*
9:45-10:45	YS *	Vinyasa Yoga *Emma Poole*
10:00-10:45	CS *	Beats Ride *Kristin Kenney*
10:45-11:30	MS *	Cardio Sculpt *Calvin Wiley*
11:00-11:50	BA *	Barefoot Sculpt: The Ring *Stephanie Levinson*
11:15-12:00	PD *	Swim: Skills + Drills (L2) *Ester Kim*
12:15-1:15	YS *	Vinyasa Yoga *Kristin Kenney*
12:30-1:15	MS *	**Stacked** ***Monique Alhaddad***
4:00-5:00	YS *	Vinyasa Yoga *Jade Alexis*
5:15-6:05	TR *	Precision Run® *Corky Corkum*
5:30-6:15	MS *	Pure Strength *Coco Cohen*
5:45-6:35	PD *	H2shO™ *Erwin Gonzalez*
6:00-6:50	BA *	Pilates at the Barre *Kevin VerEecke*
6:15-7:05	BR *	Rounds: Boxing *Ronnie Love*
6:30-7:15	MS *	MetCon Monday *Tracy Gordon*
6:45-7:30	CS *	Beats Ride *Coco Cohen*
7:00-8:15	YS *	Vinyasa Yoga *Suzanne Taylor*
7:15-8:00	BA *	Pilates Mat *Gabe Villanueva*
7:30-8:20	MS *	Studio Dance: The Choreo Collective *Rob Coglitore*

TUESDAY

6:30-7:15	MS *	**MetCon3** ***Bella Preneta***
6:45-7:30	CS *	Beats Ride *Taj Harris*
7:15-8:05	BA *	Barefoot Sculpt: The Ring *Kevin VerEecke*
8:00-8:50	MS *	Best Butt Ever *Kyle White*
9:00-9:50	MS *	ViPR Sculpt *Stephen Bel Davies*
9:15-10:15	YS *	Vinyasa Yoga *Jade Alexis*
9:30-10:20	CS *	Precision Ride *Coco Cohen*
10:00-10:50	BA *	Pilates Fusion *Sarah Marchetti Gleim*
10:15-11:15	PD *	Hydro Sculpt *Torello Cabrol*
10:30-11:15	MS *	Atletica *Kyle O'Brien*
10:45-12:00	YS *	Iyengar Yoga *Cheryl Malter*
12:15-1:00	MS *	Athletic Conditioning *LR Davidson*
12:30-1:15	BA *	Pilates Mat *Terrence Carey*
5:15-6:15	BA *	True Barre *Marina Colonna*
5:30-6:20	MS *	360 Strength *Jacques Delaugere*
5:45-6:30	CS *	Beats Ride *Candace Peterson*
6:00-7:00	YS *	Vinyasa Yoga *Jamie Bonelli*
6:30-7:15	BA *	**Athletic Stretch** ***Kimberly Dawn Neumann***
6:45-7:30	MS *	Stronger *Jacques Delaugere*
7:00-8:00	PD *	Swim: Pro (L2) *Mary Grace Costello*
7:30-8:15	YS *	Sonic Meditation *Kyle Adam*

WEDNESDAY

6:30-7:20	TR *	Precision Run® *Amanda Katz*
6:45-7:30	MS *	Cardio Sculpt *Molly Mook*
7:30-8:15	CS *	Beats Ride *Amanda Katz*
9:00-10:00	BA *	True Barre *Pamela Newkirk*
9:30-10:15	MS *	MetCon3 *Amanda Katz*
9:45-10:35	PD *	Hydro Athlete *Coco Cohen*
10:00-11:15	YS *	Ashtanga Yoga (L2) *Evan Perry*
10:15-11:00	BR *	Rounds: Boxing *Ugo Peter-Obiagwu*
10:45-11:30	MS *	Cardio Sculpt *Calvin Wiley*
12:00-1:00	YS *	Vinyasa Yoga *Karen Kassover*
12:15-1:00	MS *	Body Sculpt *Sabrina Cohen*
12:30-1:15	BA *	Pilates Fusion *Ron Tal*
1:00-2:00	PD *	**Swim: Skills + Drills (L2)** ***Jason Strong***
5:30-6:45	YS *	Yin Yoga Meditation *Suzanne Taylor*
5:45-6:30	MS *	Impact! *Paula Calabrese*
6:00-7:00	BA *	Pilates Mat *Whitney Chapman*
6:30-7:15	CS *	Anthem Ride *Kidd Solomon*
6:45-7:35	MS *	Atletica *Paula Calabrese*

THURSDAY

6:30-7:15	MS *	Leg Day *LR Davidson*
8:00-8:45	MS *	Stronger *Shaun Anthony*
8:45-9:35	TR *	Precision Walk: Elevate *Margaret Schwarz*
9:00-10:00	MS *	Cardio Sculpt *Peyton Bryant*
9:15-10:15	YS *	Iyengar Yoga *Kavi Patel*
9:45-10:30	BA *	Pilates Fusion *Terrence Carey*
10:00-10:45	CS *	Beats Ride *LR Davidson*
10:15-11:15	PD *	Hydro Sculpt *Peyton Bryant*
10:30-11:15	MS *	Pure Strength *Coco Cohen*
10:45-11:45	YS *	Vinyasa Yoga *Mindy Frenkel*
12:30-1:15	MS *	ViPR Sculpt *Stephen Bel Davies*
1:15-2:00	BA *	Athletic Stretch *Claudia Brown*
5:00-6:00	MS *	Studio Dance: Calvinography *Calvin Wiley*
5:30-6:30	PD *	**Swim: Pro (L2)** ***Elizabeth Grund***
5:45-6:30	CS *	Beats Ride *Avery Washington*
6:00-6:45	YS *	Best Stretch Ever *Robert Nguyen*
6:15-7:05	BA *	True Barre *Genieve Gordon*
6:15-7:05	MS *	Core6 *Brennan Caldwell*
7:15-8:00	BA *	Pilates Mat *Genieve Gordon*
7:15-8:05	YS *	Sculpted Yoga™ *James Donegan*
7:30-8:15	MS *	Pure Strength *Andrew Slane*

FRIDAY

6:45-7:30	MS *	Tabata Max *Lisa Raphael*
7:00-7:45	PD *	**Swim: Pro (L2)** ***Kyra Thordsen***
9:00-10:00	YS *	Vinyasa Yoga *Robert Nguyen*
9:30-10:15	CS *	Beats Ride *Candace Peterson*
9:45-10:35	MS *	Rhythmic Sculpt *Kelsey Stalter*
10:45-11:30	BA *	Pilates Mat *Caroline Strong*
11:00-11:50	MS *	Atletica *Ilaria Montagnani*
12:00-12:45	MS *	Impact! *Ilaria Montagnani*
12:15-1:05	TR *	Precision Run® *Andrew Slane*
12:30-1:30	YS *	Iyengar Yoga *Cheryl Malter*
5:30-6:15	BA *	Ballet by Equinox x ABT *Abbey Hunt*
5:45-6:30	YS *	Sonic Meditation *Kelly Raspberry*
6:00-6:50	PD *	H2shO™ *Erwin Gonzalez*
6:15-7:00	BR *	Rounds: Boxing *Ahmad Simmons*
6:30-7:00	MS *	Best Butt Ever *Abbey Hunt*
7:00-7:30	MS *	Best Abs Ever *Abbey Hunt*

SATURDAY

8:00-8:45	CS *	Beats Ride *Alex Breaux*
8:30-9:45	YS *	Ashtanga Yoga *Evan Perry*
8:45-9:45	BA *	True Barre *Claire Crause*
9:30-10:15	MS *	MetCon3 *Maddie Myers*
10:00-10:45	BA *	Athletic Stretch *Claudia Brown*
10:30-11:30	MS *	Cardio Sculpt *Peyton Bryant*
10:45-12:00	YS *	Vinyasa Yoga *Suzanne Taylor*
11:00-11:50	CS *	Beats Ride *Jaimie Austin*
11:15-12:15	BA *	Pilates Mat *Terrence Carey*
11:30-12:15	PD *	Hydro Athlete *Lisa Raphael*
12:15-1:05	MS *	Ropes and Rowers *Monique Alhaddad*
1:00-1:50	BA *	Pilates Fusion *Erica Robinson*
1:30-2:15	MS *	Cardio Dance: Zumba® *Monique Alhaddad*
3:00-3:45	PD *	Swim: Basics (L1) *Ester Kim*
4:00-5:15	YS *	Weekend Wind Down Yoga *Kelly Raspberry*

SUNDAY

8:30-9:15	MS *	Athletic Conditioning *Kyle O'Brien*
8:45-9:45	YS *	Gentle Yoga *Rhana Harris*
9:00-10:00	CS *	Endurance Ride 60 *Avery Washington*
9:15-10:15	PD *	Swim: Pro *Torello Cabrol*
10:00-10:45	BA *	Pilates Mat *Caroline Strong*
10:15-11:00	MS *	Impact! *Ilaria Montagnani*
10:30-11:45	YS *	Vinyasa Yoga (L2) *Mariko Hirakawa*
10:45-11:35	TR *	Precision Walk: Elevate *Candace Peterson*
11:15-12:05	MS *	Atletica *Ilaria Montagnani*
11:30-12:20	BA *	Pilates at the Barre *Sarah Marchetti Gleim*
11:45-12:30	CS *	Beats Ride *Nowani Rattray*
12:15-1:00	MS *	Powerstrike! *Ilaria Montagnani*
1:00-1:45	PD *	Hydro Sculpt *Robin Mandel*
1:30-2:15	MS *	Stacked *Lisa Raphael*
2:15-2:30	MS *	Best Abs Ever *Lisa Raphael*
5:00-6:15	YS *	Iyengar Yoga *Kavi Patel*

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

EQUINOX

SPORTS CLUB NEW YORK

160 Columbus Ave

NEW YORK NY 10023

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 07:00 AM 09:00 PM

GROUP FITNESS MANAGER

coco.cohen@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

BR Boxing Studio

PD Pool Deck

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.
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.
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.
Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

Dance

Ballet by Equinox x ABT Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.
Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.
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!
Studio Dance: The Choreo Collective Join pro dancer Rob Coglitore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweatier, and more confident. Feel like you’re dancing on tour — no experience required, just good vibes and pure joy.

Swim

H2shO™ H2shO™, created by Erwin González, integrates traditional movements of aqua fitness with the performance elements of musical theater. Minimal impact on your joints. Maximal impact on your wellbeing. Swim cap required.
Hydro Athlete An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.
Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.
Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.
Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.
Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.
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 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.
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.

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

Ashtanga Yoga Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.
Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.
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.
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.

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.

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 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.

Boxing

Impact! Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.
Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.
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

Athletic Stretch Improve posture and enhance performance whether you’re an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
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.

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.
ViPR Sculpt A moderate intensity, rhythmic workout, exclusively utilizing the ViPR in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.