EQUINOX **DUMBO**

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

8:15-9:00 MS * — Pilates Fusion — *Ellie De Waal*

9:30-10:15 MS * — Body Sculpt — *Mandy Corcione*

12:15-1:05 MS * — Stronger — *Mandy Corcione*

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

5:30-6:15 MS * — True Barre: Off the Barre — *Zach Eisenberg*

6:30-7:15 MS * — MetCon Monday — *Avery Royal*

7:30-8:30 MS * — Slow Flow Yoga — *Rose Firouzbakht*

TUESDAY

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

8:00-9:00 MS * — Vinyasa Yoga — *Mardi Sykes*

9:15-10:00 MS * — True Barre: Off the Barre — *Zach Eisenberg*

12:30-1:15 MS * — Pilates Fusion — *Genieve Gordon*

4:30-5:15 MS * — Athletic Conditioning — *Nyree Brown*

5:30-6:15 MS * — Rounds: Bags and Mitts — *Abraham DelValle*

5:30-6:20 TR * — Precision Walk: Elevate — *Lauren Anthony*

6:30-7:15 CS * — Beats Ride — *Chris Vernon*

6:30-7:15 MS * — Vinyasa Yoga — *Johan Montijano*

7:30-8:15 MS * — Pilates Fusion — *Mitchell Allison*

WEDNESDAY

7:00-7:45 MS * — Stacked — *Lisa Bosalavage*

8:00-8:45 MS * — Pilates Mat — *Christopher Howard*

8:30-9:15 CS * — Beats Ride — *Ney Melo*

9:00-10:00 MS * — Vinyasa Yoga — *Rose Firouzbakht*

12:15-1:00 MS * — **Cardio Sculpt** — ***Stacie Clark***

4:30-5:15 MS * — True Barre: Off the Barre — *Meaghan McLeod*

5:30-6:20 MS * — Vinyasa Yoga — *Mikee Richardson*

6:30-7:15 MS * — Stronger — *Delida Torres*

7:30-8:15 MS * — **Circuit Training** — ***Delida Torres***

THURSDAY

7:15-8:00 MS * — MetCon3 — *Patrick Flannery*

8:00-8:50 TR * — Precision Walk: Elevate — *Christopher Howard*

9:15-10:00 MS * — True Barre: Bala Bangle — *Christopher Howard*

12:30-1:15 MS * — Pilates Fusion — *Aurora Vaughan*

4:15-5:00 MS * — Leg Day — *Joey Ledonio*

5:30-6:15 MS * — Slow Flow Yoga — *Jessica Metz*

6:30-7:15 CS * — Beats Ride — *Sarah Madaus*

6:30-7:15 MS * — Barefoot Sculpt: The Ring — *Serena Mello*

7:30-8:30 MS * — **Yin Yoga** — ***Abby Keene***

FRIDAY

7:30-8:15 MS * — Barefoot Sculpt — *Ary Nunez*

8:30-9:15 CS * — Beats Ride — *Leah Clark*

8:30-9:30 MS * — **Power Vinyasa** — ***Johan Montijano***

10:00-10:45 MS * — **Core6** — ***Dario Torres***

12:15-12:45 MS * — Best Butt Ever — *Devin Symone*

12:45-1:00 MS * — Upper Body Pump — *Devin Symone*

1:00-1:15 MS * — Best Abs Ever — *Devin Symone*

4:30-5:15 MS * — Pilates Fusion — *Ellie De Waal*

5:30-6:15 MS * — Studio Dance: Jazz — *Malik Williams*

6:30-7:30 MS * — Power Vinyasa — *Evan Perry*

SATURDAY

9:00-9:45 MS * — Pilates Fusion — *Mitchell Allison*

10:00-10:45 MS * — Leg Day — *Butchie Gamble*

10:15-11:00 CS * — Beats Ride — *Sarah Madaus*

11:00-11:45 MS * — Body Sculpt — *Butchie Gamble*

12:00-1:00 MS * — Power Vinyasa — *Katey Lewis*

1:30-2:15 MS * — Pilates Mat — *Genieve Gordon*

2:30-3:15 MS * — Stronger — *Smita Nalluri*

3:30-4:30 MS * — Weekend Wind Down Yoga — *Mariko Hirakawa*

SUNDAY

9:30-10:15 MS * — Core6 — *Jess Strohmyer*

10:00-10:50 TR * — **Precision Run + Strength** — ***Ney Melo***

10:30-11:30 MS * — Power Vinyasa — *Evan Perry*

11:00-11:45 CS * — Beats Ride — *Ney Melo*

12:00-12:45 MS * — **Stronger** — ***Jess Strohmyer***

1:00-1:45 MS * — **Athletic Conditioning** — ***Aidan Dayani***

2:00-2:45 MS * — Barefoot Sculpt: The Ring — *Kristin Condon*

3:00-3:45 MS * — MetCon3 — *Cindya Davis*

4:00-5:00 MS * — Vinyasa Yoga — *Mikee Richardson*

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

EQUINOX

DUMBO

117 Front Street

BROOKLYN NY 11201

EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

nyree.brown@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main 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.



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.
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: 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.



Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



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.



Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. 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

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.
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.



Dance

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.



Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
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.