EQUINOX **BOND 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

6:45-7:30 MS *	**MetCon Monday** ***Bella Preneta***
7:15-8:15 YS *	Vinyasa Yoga (Heated) *Matt D'Amico*
7:45-8:35 TR *	Precision Run® *Amy Amato*
8:00-8:45 MS *	Cardio Sculpt *Esteban Deleon*
8:30-9:15 YS *	Pilates Fusion *Elise Shim*
9:30-10:15 YS *	Pilates at the Barre *Sarah Marchetti Gleim*
10:30-11:15 YS *	Barefoot Sculpt: The Ring *Kyla Owen*
12:15-1:00 YS *	Pilates Fusion (Heated) *Bianca Crystal*
12:30-1:15 MS *	Athletic Conditioning *Violet Zaki*
1:15-2:15 YS *	Yin Yoga (Heated) *Babette Godefroy*
2:30-3:30 YS *	Vinyasa Yoga (Heated) *Kira McCarthy*
4:00-4:45 YS *	Pilates Fusion (Heated) *Andy Santana*
4:15-5:00 MS *	Body Sculpt *Bonnie Flannery*
5:15-6:00 MS *	MetCon Monday *Jan Erik Navoa*
5:30-6:30 YS *	Power Vinyasa *Pasquale Guiducci*
5:45-6:35 TR *	Precision Run® *Khaleah London*
6:15-7:00 CS *	Beats Ride *Jan Erik Navoa*
6:30-7:15 MS *	Athletic Conditioning *David Robert*
6:45-7:30 YS *	True Barre *Khaleah London*
7:30-8:15 MS *	Best Butt Ever *David Robert*
8:00-9:00 YS *	Vinyasa Yoga *Caitlyn Casson*

TUESDAY

6:30-7:20 MS *	Circuit Training *TomJohn Mershon*
6:45-7:30 CS *	Beats Ride *Meghan Cox*
7:00-7:45 YS *	Pilates Mat *Caroline Strong*
7:30-8:15 MS *	Superset Athlete *TomJohn Mershon*
8:00-8:45 YS *	Pilates Rise (Heated) *Colleen Wright*
8:30-9:15 MS *	Body Sculpt *Nicole Uribarri*
9:00-10:00 YS *	Power Vinyasa (Heated) *Rose Firouzbakht*
10:30-11:15 YS *	Pilates Fusion (Heated) *Rachel Genise*
12:00-12:45 YS *	Barefoot Sculpt *Or Artzi*
12:15-1:05 MS *	Stronger *Jan Erik Navoa*
1:15-2:00 YS *	Pilates at the Barre *Elgin McCargo*
2:30-3:15 YS *	**Pilates Mat** ***Ellie De Waal***
4:00-5:00 YS *	Power Vinyasa (Heated) *Nadia Zaki*
5:15-5:45 MS *	ABsession *Violet Zaki*
5:30-6:15 YS *	Pilates Mat *Itsy Rachatasumrit*
5:45-6:35 TR *	**Precision Walk: Elevate** ***Khaleah London***
6:00-7:00 MS *	Zen Combat *Violet Zaki*
6:15-7:00 CS *	Beats Ride *Betty Kasper*
6:30-7:30 YS *	Sculpted Yoga™ *Kristin Bilella*
7:15-8:00 MS *	MetCon3 *Betty Kasper*
7:45-8:30 YS *	Sonic Meditation *Kristin Bilella*

WEDNESDAY

6:15-7:00 YS *	**Pilates Fusion** ***Gerard Thelemaque***
6:45-7:35 MS *	Stronger *Esteban Deleon*
7:00-7:45 CS *	Beats Ride *Gater*
7:15-8:15 YS *	Vinyasa Yoga *Jena Maenius*
7:45-8:35 TR *	Precision Run® *Jess Bieda*
8:00-8:45 MS *	Body Sculpt *Bonnie Flannery*
8:30-9:15 YS *	Barefoot Sculpt *Ary Nunez*
9:30-10:15 YS *	Pilates Mat *Shawn Kobetz*
12:00-12:45 YS *	True Barre: Bala Bangle *Brian Slaman*
12:15-1:00 MS *	Best Butt Ever *Esteban Deleon*
1:15-2:15 YS *	Power Vinyasa *Nadia Zaki*
2:30-3:15 YS *	Pilates at the Barre *Kyla Lloyd*
4:00-5:00 YS *	Vinyasa Yoga *Emma Poole*
4:15-5:00 MS *	Tabata Max *Jan Erik Navoa*
5:15-6:00 MS *	Rounds: Bags and Mitts *Ronnie Love*
5:30-6:15 YS *	Pilates Fusion *Elgin McCargo*
5:45-6:35 TR *	Precision Run® *Jan Erik Navoa*
6:15-7:05 MS *	Stronger *Jordan Bantista*
6:30-7:30 YS *	Power Vinyasa (Heated) *Victoria Gibbs*
7:15-8:00 CS *	Beats Ride *Jordan Bantista*
7:45-8:30 MS *	Body Sculpt *Elgin McCargo*
8:00-9:00 YS *	Slow Flow Yoga (Heated) *Johan Montijano*

THURSDAY

6:30-7:15 MS *	Core6 *JD Martin*
7:00-7:45 YS *	True Barre (Heated) *Cameron Norsworthy*
7:15-8:05 TR *	Precision Run + Strength *Ney Melo*
7:30-8:15 MS *	MetCon3 *Michael Taylor*
7:45-8:30 CS *	Beats Ride *Jan Erik Navoa*
8:00-8:45 YS *	Pilates Fusion *Cameron Norsworthy*
8:30-9:20 MS *	Stronger *Bransen Gates*
9:00-10:00 YS *	Power Vinyasa *Stephanie Schwartz*
10:30-11:20 YS *	Pilates Rise *Elgin McCargo*
12:00-12:45 YS *	Pilates Mat *Bret Yamanaka*
12:15-1:00 MS *	Stacked *Jan Erik Navoa*
1:15-2:00 YS *	Pilates at the Barre *Colleen Wright*
2:30-3:15 YS *	**Barefoot Sculpt (Heated)** ***Kaelee Albritton***
4:00-5:00 YS *	Vinyasa Yoga (Heated) *Ali Cramer*
5:15-6:05 MS *	**Stronger** ***Dario Torres***
5:30-6:45 YS *	Power Vinyasa (Heated) *Karla Beltchenko*
6:15-7:00 MS *	**Body Sculpt** ***Emma Vielbig***
7:30-8:15 YS *	Pilates Fusion *Ash Kaya*

FRIDAY

6:45-7:30 MS *	Body Sculpt *Nicole Uribarri*
7:00-8:00 YS *	Vinyasa Yoga (Heated) *Alexa Kerner*
7:45-8:35 MS *	Stronger *Shaun Anthony*
7:45-8:35 TR *	Precision Run® *Eddie Carrington*
8:15-9:00 YS *	Barefoot Sculpt: The Ring (Heated) *Nicole Uribarri*
8:30-9:15 CS *	Beats Ride *Mario Martinez*
9:00-9:45 MS *	Athletic Conditioning *Eddie Carrington*
9:15-10:15 YS *	Power Vinyasa (Heated) *Pasquale Guiducci*
10:30-11:15 YS *	Pilates at the Barre *Deena Parrilla*
12:15-1:15 YS *	**Vinyasa Yoga** ***Katey Lewis***
12:30-1:20 MS *	Body Sculpt *Michelle Sim*
1:30-2:30 YS *	Sculpted Yoga™ *Kevin Bigger*
2:45-3:30 YS *	Pilates Mat *Erin Giordano*
4:00-4:45 YS *	Pilates Fusion *Erin Ginn*
4:15-5:00 MS *	Body Sculpt *Antonio Hudson*
5:00-5:45 YS *	Vinyasa Yoga (Heated) *Kira McCarthy*
5:15-6:00 MS *	Tabata Max *Antonio Hudson*
5:45-6:30 CS *	THEME RIDE: EDM x Hip Hop *Jenny Sun*
6:00-6:45 YS *	Yin Yoga + Sound Meditation *Kira McCarthy*
6:15-7:00 MS *	Cardio Dance: 305 Dance *LaDarius Lee*

SATURDAY

8:15-9:00 YS *	Pilates Mat *Caroline Strong*
9:00-9:50 CL *	Precision Run Club (Outdoor) *TomJohn Mershon*
9:00-10:00 MS *	Zen Combat *Violet Zaki*
9:15-10:00 YS *	Barefoot Sculpt: The Ring (Heated) *Alyssa Sarnoff*
9:30-10:15 CS *	Beats Ride *Nadia Zaki*
10:15-11:00 MS *	Athletic Conditioning *Violet Zaki*
10:15-11:15 YS *	Vinyasa Yoga (Heated) *Jamison Goodnight*
10:30-11:20 TR *	Precision Run® *Daxton Bloomquist*
11:15-12:00 MS *	Rounds: Bags and Mitts *Ronnie Love*
11:30-12:45 YS *	Power Vinyasa (L2) (Heated) *Lindsay Carson*
12:15-1:00 MS *	Body Sculpt *Alyssa Sarnoff*
1:00-2:00 YS *	Slow Flow Yoga (Heated) *Ali Cramer*
1:15-2:00 MS *	Stacked *Jason Tran*
2:30-3:15 YS *	Pilates Mat (Heated) *Khaleah London*
4:00-5:00 YS *	Vinyasa Yoga (Heated) *Kumiko Buckman*

SUNDAY

8:45-9:45 YS *	Vinyasa Yoga *Johan Montijano*
9:30-10:15 MS *	Cardio Sculpt *Elgin McCargo*
10:00-11:00 YS *	Power Vinyasa *Kristina Erikson*
10:30-11:20 MS *	Ropes and Rowers *Meghan Cox*
11:15-12:00 YS *	Pilates Fusion *Elgin McCargo*
11:30-12:15 CS *	Beats Ride *Meghan Cox*
11:45-12:35 MS *	Stronger *Dario Torres*
12:00-12:50 TR *	Precision Run® *Anne Berhe*
12:15-1:00 YS *	True Barre *Elgin McCargo*
1:00-1:45 MS *	Rounds: Bags and Mitts *Uriah Hurst*
1:15-2:05 YS *	Pilates Rise *Kylie Treacy*
4:00-5:00 YS *	Vinyasa Yoga (Heated) *Kristin Bilella*
5:30-6:30 YS *	Weekend Wind Down Yoga *Anubha Elaine Boudouris*

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

EQUINOX

BOND STREET

0 Bond Street

NEW YORK NY 10012

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 07:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CL Club Lobby

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.
THEME RIDE: EDM x Hip Hop A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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.
Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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: 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.

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.

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.
Zen Combat Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie burn, Zaki-Style.

Strength

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.
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 + 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 Run Club Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. An Equinox exclusive.
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.

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.
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.
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

Cardio Dance: 305 Dance Dance like no one’s watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

Regeneration

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

ABsession A dynamic core conditioning class with Violet Zaki. Strengthen, stabilize, and fire up your abs, back, and deep core with precise, powerful movements. Stand taller and walk out stronger than before.
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.