EQUINOX **WILLIAMSBURG**

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	YS *	Pilates Fusion *Mitchell Allison*
7:15-8:00	MS *	Stacked *Tim Flores*
8:00-8:45	YS *	Barefoot Sculpt *Taj Harris*
8:15-9:00	MS *	Best Butt Ever *Tim Flores*
8:30-9:15	CS *	**Beats Ride** ***Nadia Wilemski***
10:30-11:15	YS *	Pilates at the Barre *Sammy Tuchman*
12:15-1:15	YS *	Vinyasa Yoga *Lizzie Falkner*
12:30-1:15	MS *	Stronger Women *Isabelle Luongo*
1:15-1:45	MS *	Core6 Express *Isabelle Luongo*
4:00-4:45	YS *	Pilates Mat *Claire Danese*
5:00-6:00	YS *	Vinyasa Yoga *Lizzie Falkner*
5:15-6:00	MS *	**Cardio Sculpt** ***Team Equinox***
6:15-7:00	CS *	Beats Ride *Chris Vernon*
6:30-7:15	MS *	MetCon Monday *Eliza Rose*
6:30-7:20	TR *	**Precision Run®** ***Elsa Saatela***
6:45-7:30	YS *	Pilates Fusion *Serena Mello*
7:30-8:15	MS *	Stronger *Eliza Rose*
7:45-9:00	YS *	Power Vinyasa (Heated) *Johan Montijano*

TUESDAY

6:45-7:30	MS *	Core6 *Tim Flores*
7:00-7:45	CS *	Beats Ride *Chris Vernon*
7:45-8:45	YS *	Vinyasa Yoga (Heated) *Kevin Lamb*
8:00-8:45	MS *	Cardio Sculpt *Pasquale Guiducci*
9:15-10:00	YS *	True Barre: Off the Barre *Pasquale Guiducci*
10:15-11:00	YS *	Pilates Rise *Colleen Wright*
1:15-2:00	YS *	Barefoot Sculpt: The Ring *Mary Hannah Dober*
4:30-5:15	YS *	True Barre: Off the Barre *Katherine Menna*
5:00-5:45	MS *	Stronger *Tim Flores*
5:45-6:30	YS *	Pilates Fusion *Katherine Menna*
6:15-7:00	MS *	360 Strength *Tim Flores*
6:30-7:15	CS *	**Beats Ride** ***Ariella Laden***
6:45-7:45	YS *	Vinyasa Yoga *Patrick Millard*
7:15-7:45	MS *	**Leg Day 30** ***Mandy Corcione***
7:45-8:15	MS *	**Core6 Express** ***Mandy Corcione***
8:00-8:45	YS *	Sonic Meditation *Patrick Millard*

WEDNESDAY

6:45-7:45	YS *	Vinyasa Yoga (Heated) *Dee Holliday*
7:15-8:00	MS *	Stronger *Elsa Saatela*
7:30-8:15	CS *	Beats Ride *Michael MacNeal*
8:00-8:45	YS *	**True Barre (Heated)** ***Juliana Garber***
8:15-9:00	MS *	**Athletic Conditioning** ***Colt Hess***
9:15-10:00	YS *	Pilates Fusion *Sammy Tuchman*
10:30-11:30	YS *	Vinyasa Yoga *Lizzie Falkner*
12:15-1:00	YS *	Pilates Mat *Jack Wunsch*
1:30-2:15	MS *	**Body Sculpt** ***Betty Kasper***
4:00-4:45	YS *	Pilates Fusion *Serena Mello*
5:00-6:00	YS *	**Vinyasa Yoga** ***Taj Harris***
5:30-6:15	MS *	**Body Sculpt** ***Butchie Gamble***
6:15-7:00	CS *	Beats Ride *Taj Harris*
6:30-7:15	MS *	Stronger *Butchie Gamble*
6:45-7:30	YS *	True Barre (Heated) *JP Maddock*
7:30-8:15	MS *	**Cardio Dance** ***Team Equinox***
7:45-8:30	YS *	Pilates Fusion *Maria Martinez*

THURSDAY

6:45-7:30	MS *	Body Sculpt *Emma Vielbig*
7:00-7:45	CS *	Beats Ride *Betty Kasper*
7:15-8:05	TR *	Precision Run® *Jacob Reynolds*
7:45-8:30	YS *	Pilates Mat (Heated) *Christina DeRosa*
8:00-8:45	MS *	Leg Day *Tim Flores*
9:00-9:45	MS *	**Stronger** ***Tim Flores***
9:15-10:00	YS *	**True Barre** ***Katie Ippolito***
1:15-2:00	YS *	Pilates at the Barre *Kyla Lloyd*
4:30-5:30	YS *	Vinyasa Yoga *Dee Holliday*
5:00-5:45	MS *	Stacked *Tim Flores*
5:45-6:30	YS *	Pilates Fusion *Alec Hynes*
6:00-6:45	MS *	**Rounds: Boxing** ***Delida Torres***
6:45-7:45	YS *	**Yin Yoga (Heated)** ***Megan Hope***
7:00-7:45	MS *	**Body Sculpt** ***Gerard Thelemaque***
8:00-8:45	YS *	**Pilates Mat** ***Gerard Thelemaque***

FRIDAY

7:00-7:50	YS *	Pilates at the Barre *Colleen Wright*
7:30-8:15	CS *	Beats Ride *Davie Donofrio*
8:00-8:45	MS *	Stronger *Wyatt Slone*
8:15-9:00	YS *	Pilates Rise *Colleen Wright*
9:30-10:15	YS *	**Barefoot Sculpt: The Ring** ***Katherine Menna***
10:30-11:15	YS *	**Pilates Fusion** ***Katherine Menna***
12:00-1:00	YS *	Power Vinyasa *Taj Harris*
12:30-1:15	MS *	Stronger *Tim Flores*
3:00-3:45	YS *	Pilates Fusion *Maria Martinez*
4:00-4:45	MS *	Body Sculpt *Mandy Corcione*
4:15-5:15	YS *	Yin Yoga Meditation (Heated) *Kevin Bigger*
5:15-6:05	MS *	MetCon3 *Elsa Saatela*
5:30-6:15	YS *	Pilates Mat (Heated) *Claire Danese*
6:30-7:30	YS *	Vinyasa Yoga (Heated) *Natalie Perez*

SATURDAY

9:00-9:45	YS *	Barefoot Sculpt: The Ring *Taj Harris*
9:15-10:00	CS *	Beats Ride *Nadia Wilemski*
9:30-10:15	MS *	Stronger *Katie Robinson*
10:15-11:30	YS *	Vinyasa Yoga (Heated) *Jess Anson*
10:30-11:15	MS *	MetCon3 *Katie Robinson*
11:45-12:35	MS *	360 Strength *Tim Flores*
12:00-12:45	YS *	Pilates Mat *Gerard Thelemaque*
12:45-1:30	MS *	Core6 *Tim Flores*
1:00-1:50	TR *	**Precision Walk: Elevate** ***Gerard Thelemaque***
1:00-2:00	YS *	Power Vinyasa *Dee Holliday*
1:45-2:30	MS *	Rounds: Boxing *Ronnie Love*
2:15-3:00	YS *	Pilates at the Barre *Elgin McCargo*
3:15-4:15	YS *	Vinyasa Yoga *Patrick Millard*
4:30-5:15	YS *	True Barre: Bala Bangle *Genieve Gordon*

SUNDAY

9:15-10:00	MS *	Body Sculpt *Emma Vielbig*
9:30-10:30	YS *	Sculpted Yoga™ *Kumiko Buckman*
10:45-11:30	YS *	Pilates Fusion *Bret Yamanaka*
11:15-12:00	CS *	Beats Ride *Diego Lanza*
11:45-1:00	YS *	Vinyasa Yoga *Victoria Gibbs*
1:00-1:45	MS *	MetCon3 *Kyle White*
1:15-2:00	YS *	**Pilates Rise** ***Julia Atkin***
2:30-3:45	YS *	Power Vinyasa (Heated) *Babette Godefroy*
3:30-4:15	MS *	**Barefoot Sculpt** ***Serena Mello***
4:15-5:00	YS *	Sonic Meditation *Babette Godefroy*
5:15-6:00	YS *	Pilates Fusion *Julia Atkin*
6:15-7:15	YS *	Weekend Wind Down Yoga *Jacob Reynolds*

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

EQUINOX

WILLIAMSBURG

246 Bedford Ave

BROOKLYN NY 11211

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 08:00 PM

GROUP FITNESS MANAGER

taj.harrislee@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.

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.
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

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.
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.
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.

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.
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.
Leg Day 30 Thirty minutes of 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.
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.

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.

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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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

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 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.