

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 YS * Pilates Fusion <i>Mitchell Allison</i>	6:45-7:30 MS * MetCon3 <i>Philippe Bowgen</i>	7:00-7:45 YS * Vinyasa Yoga (Heated) <i>Dee Holliday</i>	6:45-7:30 MS * Athletic Conditioning <i>Emma Vielbig</i>	7:00-7:50 YS * Pilates at the Barre <i>Sammy Tuchman</i>	9:00-9:45 YS * Barefoot Sculpt <i>Taj Harris</i>	9:15-10:00 MS * Body Sculpt <i>Emma Vielbig</i>
7:30-8:15 CS * Beats Ride <i>Nadia Wilemski</i>	7:00-7:45 CS * Beats Ride <i>Davie Donofrio</i>	7:15-8:00 MS * Stronger <i>Elsa Saatela</i>	7:00-7:45 CS * Beats Ride <i>Betty Kasper</i>	7:30-8:15 CS * Beats Ride <i>Davie Donofrio</i>	9:15-10:00 CS * Beats Ride <i>Nadia Wilemski</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>
8:00-8:45 YS * True Barre <i>Ana Boiangiu</i>	7:45-8:45 YS * Vinyasa Yoga (Heated) <i>Damien Alexander</i>	7:30-8:15 CS * Beats Ride <i>Colleen Wright</i>	7:15-8:05 TR * Precision Run® <i>Jacob Reynolds</i>	8:15-9:00 YS * Pilates Rise <i>Sammy Tuchman</i>	9:30-10:15 MS * Athletic Conditioning <i>Katie Robinson</i>	10:15-11:00 MS * Athletic Conditioning <i>Emma Vielbig</i>
8:15-9:00 MS * Stacked <i>Tim Flores</i>	8:00-8:45 MS * Cardio Sculpt <i>Mandy Corcione</i>	8:00-8:50 YS * True Barre (Heated) <i>Manon Hallay</i>	7:45-8:30 YS * Pilates Mat (Heated) <i>Kylie Treacy</i>	8:30-9:15 MS * Athletic Conditioning <i>Wyatt Slone</i>	10:15-11:30 YS * Vinyasa Yoga (Heated) <i>Jess Anson</i>	10:45-11:30 YS * Pilates Fusion <i>Bret Yamanaka</i>
8:15-9:00 MS * Best Butt Ever <i>Tim Flores</i>	9:00-9:45 YS * True Barre <i>Bella Merritt</i>	8:15-9:00 MS * MetCon3 <i>Jordan Bantista</i>	8:00-8:30 MS * Best Butt Ever <i>Tim Flores</i>	9:30-10:15 YS * True Barre <i>Katie Ippolito</i>	10:30-11:15 MS * Lower Body Blast <i>Katie Robinson</i>	
9:15-10:15 YS * Vinyasa Yoga <i>Taj Harris</i>	9:30-10:15 MS * MetCon3 <i>Andrew Muscarella</i>	9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	8:30-8:45 MS * Upper Body Pump <i>Tim Flores</i>	12:00-1:00 YS * Power Vinyasa <i>Taj Harris</i>	11:00-11:45 CS * Beats Ride <i>Leah Clark</i>	11:15-12:00 CS * Beats Ride <i>Diego Lanza</i>
10:30-11:15 YS * Pilates at the Barre <i>Sammy Tuchman</i>	10:15-11:00 YS * Pilates Rise <i>Colleen Wright</i>	10:30-11:30 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	8:45-9:00 MS * Best Abs Ever <i>Tim Flores</i>	12:30-1:15 MS * Stronger <i>Tim Flores</i>	11:00-11:45 CS * Beats Ride <i>Leah Clark</i>	11:45-1:00 YS * Vinyasa Yoga <i>Victoria Gibbs</i>
			9:00-10:00 YS * Vinyasa Yoga <i>Katelyn Thelemaque</i>	3:00-3:45 YS * Pilates Fusion <i>Abby Hogue</i>	11:30-12:20 TR * Precision Run® <i>Elsa Saatela</i>	1:00-1:45 MS * MetCon3 <i>Kyle White</i>
12:15-1:15 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	12:30-1:15 MS * Core6 <i>Butchie Gamble</i>	12:15-1:00 YS * Pilates Mat <i>Jack Wunsch</i>	9:30-10:15 MS * Stronger <i>Tim Flores</i>	4:00-4:45 MS * Body Sculpt <i>Mandy Corcione</i>	11:45-12:35 MS * 360 Strength <i>Tim Flores</i>	1:15-2:05 YS * Pilates Rise <i>Julia Atkin</i>
12:30-1:15 MS * Limited Series: Stronger Women <i>Isabelle Luongo</i>	1:15-2:00 TR * Precision Walk: Elevate <i>Leah Clark</i>	12:30-1:15 MS * MetCon3 <i>Bransen Gates</i>	10:15-11:00 YS * True Barre <i>Cameron Norsworthy</i>	4:15-5:15 YS * Yin Yoga Meditation (Heated) <i>Kevin Bigger</i>	12:00-12:45 YS * Pilates Mat <i>Stephanie Russo</i>	2:30-3:45 YS * Power Vinyasa (Heated) <i>Babette Godefroy</i>
1:15-1:30 MS * Best Abs Ever <i>Isabelle Luongo</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Katherine Menna</i>	1:15-2:00 YS * True Barre <i>Mary Hannah Dober</i>	12:30-1:15 MS * Athletic Conditioning <i>JD Martin</i>	5:15-6:05 MS * MetCon3 <i>Elsa Saatela</i>	12:45-1:30 MS * Core6 <i>Tim Flores</i>	4:15-5:00 YS * Sonic Meditation <i>Babette Godefroy</i>
			1:15-2:00 YS * Pilates at the Barre <i>Kyla Lloyd</i>	5:30-6:15 YS * Pilates Mat (Heated) <i>Claire Danese</i>	1:00-2:00 YS * Power Vinyasa <i>Dee Holliday</i>	5:15-6:00 YS * Pilates Fusion <i>Julia Atkin</i>
4:00-4:45 YS * Pilates Mat <i>Claire Goldes</i>	5:00-5:45 MS * Stronger <i>Tim Flores</i>	4:00-4:45 YS * Pilates Fusion <i>Alex Dill</i>		6:30-7:45 YS * Vinyasa Yoga (Heated) <i>Natalie Perez</i>	1:45-2:30 MS * Body Sculpt <i>Zuta Gilchrist</i>	6:15-7:15 YS * Weekend Wind Down Yoga <i>Jacob Reynolds</i>
5:00-6:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	5:45-6:30 YS * Pilates Fusion <i>Katherine Menna</i>	5:00-6:00 YS * Vinyasa Yoga <i>Kira McCarthy</i>	4:30-5:30 YS * Vinyasa Yoga <i>Dee Holliday</i>	6:45-7:30 MS * Feel Good Friday: Cardio Dance <i>Sarah Wolff</i>	2:15-3:00 YS * Pilates Fusion <i>Claire Danese</i>	
5:15-6:00 MS * Cardio Sculpt <i>Molly Mook</i>	6:00-6:45 CS * Beats Ride <i>Taj Harris</i>	5:30-6:15 MS * Body Sculpt <i>Butchie Gamble</i>	5:00-5:45 MS * Stacked <i>Tim Flores</i>		3:15-4:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	
5:45-6:35 TR * Precision Run® <i>Elsa Saatela</i>	6:15-7:00 MS * 360 Strength <i>Tim Flores</i>	6:15-7:00 CS * Beats Ride <i>Vinnie Smith</i>	5:45-6:30 YS * Pilates Fusion <i>Alec Hynes</i>		3:30-4:15 MS * Athletic Conditioning <i>Genieve Gordon</i>	
6:15-7:00 CS * Beats Ride <i>Molly Mook</i>	6:45-7:45 YS * Vinyasa Yoga <i>Patrick Millard</i>	6:30-7:15 MS * Stronger <i>Butchie Gamble</i>	6:15-7:00 MS * Barefoot Sculpt <i>Shelby Finnie</i>		4:30-5:15 YS * True Barre: Bala Bangle <i>Genieve Gordon</i>	
6:30-7:15 MS * MetCon Monday <i>Bransen Gates</i>	7:15-8:00 MS * Cardio Sculpt <i>Mandy Corcione</i>	6:45-7:30 YS * True Barre (Heated) <i>JP Maddock</i>	6:45-7:45 YS * Yin Yoga <i>Megan Hope</i>			
6:45-7:30 YS * Pilates at the Barre <i>Sammy Tuchman</i>	8:00-8:45 YS * Sonic Meditation <i>Patrick Millard</i>	7:30-8:15 MS * Pilates Mat <i>Maria Martinez</i>	7:15-8:00 MS * Core6 <i>Gerard Thelemaque</i>			
7:30-8:15 MS * Stronger <i>Bransen Gates</i>		7:45-8:45 YS * Slow Flow Yoga <i>Jacob Reynolds</i>	8:00-8:45 YS * Pilates Rise <i>Claire Goldes</i>			
7:45-9:00 YS * Power Vinyasa (Heated) <i>Johan Montijano</i>						

EQUINOX

WILLIAMSBURG
246 Bedford Ave
BROOKLYN NY 11211
EQUINOX.COM
@EQUINOX

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GROUP FITNESS MANAGER
betsy.mallonee@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.



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.

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.



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 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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.



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.



Dance

Feel Good Friday: Cardio Dance Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.



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.

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.



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 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.

Limited Series: Stronger Women Introducing 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.

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.