

EQUNOX

WILLIAMSBURG

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

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

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

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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

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.