

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:45 YS * Vinyasa Yoga <i>Taj Harris</i>	6:45-7:30 MS * MetCon3 <i>Philippe Bowgen</i>	6:45-7:45 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>
7:15-8:00 MS * Stacked <i>Tim Flores</i>	7:00-7:50 TR * Precision Run + Strength <i>Flaminia Fanale</i>	7:00-7:45 CS * Beats Ride <i>Colleen Wright</i>	7:00-7:50 TR * Precision Run® <i>Jacob Reynolds</i>	7:15-8:00 MS * Cardio Sculpt <i>Taj Harris</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>	7:00-7:45 YS * True Barre <i>Elgin McCargo</i>	7:15-8:00 MS * Stronger <i>Elsa Saatela</i>	7:00-7:45 YS * Pilates Mat (Heated) <i>Kylie Treacy</i>	7:30-8:15 CS * Beats Ride <i>Davie Donofrio</i>	9:30-10:15 MS * Stronger <i>Denay Rogers</i>	10:15-11:00 MS * Athletic Conditioning <i>Emma Vielbig</i>
8:15-9:00 MS * Best Butt Ever <i>Tim Flores</i>	7:15-8:00 CS * Beats Ride <i>Davie Donofrio</i>	8:00-8:50 YS * True Barre (Heated) <i>Manon Hallay</i>	7:15-8:00 CS * Beats Ride <i>Betty Kasper</i>	8:15-9:00 YS * Pilates Rise <i>Sammy Tuchman</i>	10:15-11:30 YS * Vinyasa Yoga (Heated) <i>Jess Anson</i>	10:45-11:30 YS * Pilates Fusion <i>Bret Yamanaka</i>
9:30-10:15 YS * Barefoot Sculpt <i>Rachel Marchica</i>	8:00-8:45 MS * Cardio Sculpt <i>Elgin McCargo</i>	8:15-9:00 MS * MetCon3 <i>Eliza Rose</i>	8:00-8:30 MS * Best Butt Ever <i>Tim Flores</i>	8:30-9:15 MS * Athletic Conditioning <i>Wyatt Slone</i>	10:30-11:15 MS * Stacked <i>Denay Rogers</i>	
10:30-11:15 YS * Pilates at the Barre <i>Elgin McCargo</i>	8:30-9:30 YS * Vinyasa Yoga <i>Damien Alexander</i>	9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	8:30-8:45 MS * Upper Body Pump <i>Tim Flores</i>	8:45-9:35 TR * Precision Walk: Elevate <i>Evan Wood</i>	11:00-11:45 CS * Beats Ride <i>Leah Clark</i>	
	9:45-10:30 YS * Pilates at the Barre <i>Colleen Wright</i>	10:30-11:30 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	8:30-9:30 YS * Vinyasa Yoga <i>Kristina Erikson</i>	9:30-10:15 YS * True Barre <i>Carly Grossman</i>		
12:15-1:15 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	10:45-11:30 YS * Pilates Fusion <i>Julia Atkin</i>		8:45-9:00 MS * Best Abs Ever <i>Tim Flores</i>		11:30-12:20 TR * Precision Run® <i>Elsa Saatela</i>	11:15-12:00 CS * Beats Ride <i>Diego Lanza</i>
12:30-1:15 MS * Limited Series: Stronger Women <i>Isabelle Luongo</i>		12:15-1:00 YS * Pilates Mat <i>Jack Wunsch</i>	9:15-10:00 MS * Stronger <i>Tim Flores</i>	12:00-1:00 YS * Power Vinyasa <i>Taj Harris</i>	11:45-12:35 MS * 360 Strength <i>Tim Flores</i>	11:45-1:00 YS * Vinyasa Yoga <i>Victoria Gibbs</i>
1:15-1:30 MS * Best Abs Ever <i>Isabelle Luongo</i>	1:15-2:05 MS * MetCon3 <i>Lauren Anthony</i>	1:15-2:00 YS * True Barre <i>Mary Hannah Dober</i>	9:45-10:30 YS * Pilates Rise <i>Colleen Wright</i>	12:30-1:15 MS * Stronger <i>Tim Flores</i>	12:00-12:45 YS * Pilates Mat <i>Stephanie Russo</i>	1:00-1:45 MS * MetCon3 <i>Kyle White</i>
			10:45-11:30 YS * True Barre <i>Cameron Norsworthy</i>	3:00-3:45 YS * Pilates at the Barre <i>Elgin McCargo</i>	12:45-1:30 MS * MetCon3 <i>Tim Flores</i>	1:15-2:05 YS * Pilates Rise <i>Julia Atkin</i>
4:00-4:45 YS * Pilates Mat <i>Claire Goldes</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Katherine Menna</i>	4:00-4:45 YS * Pilates Fusion <i>Julia Atkin</i>		4:00-4:45 MS * Body Sculpt <i>Elgin McCargo</i>	1:00-2:00 YS * Power Vinyasa <i>Dee Holliday</i>	4:15-5:00 YS * Sonic Meditation <i>Babette Godefroy</i>
5:00-6:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	5:00-5:45 MS * Stronger <i>Tim Flores</i>	5:00-6:00 YS * Vinyasa Yoga <i>Kira McCarthy</i>	1:15-2:00 YS * Pilates at the Barre <i>Kyla Lloyd</i>	4:15-5:15 YS * Yin Yoga Meditation (Heated) <i>Kevin Bigger</i>	1:45-2:30 MS * Body Sculpt <i>Zuta Gilchrist</i>	5:15-6:00 YS * Pilates Fusion <i>Julia Atkin</i>
5:15-6:00 MS * Athletic Conditioning <i>Andrew Muscarella</i>	5:45-6:30 YS * Pilates Fusion <i>Katherine Menna</i>	5:15-6:00 MS * Body Sculpt <i>Butchie Gamble</i>	4:30-5:30 YS * Vinyasa Yoga <i>Dee Holliday</i>	5:15-6:05 MS * MetCon3 <i>Elsa Saatela</i>	2:15-3:00 YS * Pilates Fusion <i>Claire Danese</i>	6:15-7:15 YS * Weekend Wind Down Yoga <i>Jacob Reynolds</i>
5:45-6:35 TR * Precision Run® <i>Elsa Saatela</i>	6:00-6:45 CS * Beats Ride <i>Taj Harris</i>	6:00-6:45 CS * Beats Ride <i>Vinnie Smith</i>	5:00-5:45 MS * Stacked <i>Tim Flores</i>	5:30-6:15 YS * Pilates Mat (Heated) <i>Claire Danese</i>	3:15-4:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	
6:00-6:45 CS * Beats Ride <i>Molly Mook</i>	6:15-7:00 MS * 360 Strength <i>Tim Flores</i>	6:15-7:00 MS * Stronger <i>Butchie Gamble</i>	5:45-6:30 YS * Pilates Fusion <i>Alec Hynes</i>	6:30-7:45 YS * Vinyasa Yoga (Heated) <i>Natalie Perez</i>	3:30-4:15 MS * Athletic Conditioning <i>Genieve Gordon</i>	
6:15-7:00 MS * MetCon Monday <i>Bransen Gates</i>	6:45-7:45 YS * Vinyasa Yoga <i>Patrick Millard</i>	6:30-7:15 YS * True Barre (Heated) <i>JP Maddock</i>	6:15-7:00 MS * Best Butt Ever <i>Denay Rogers</i>		4:30-5:15 YS * Pilates at the Barre <i>Genieve Gordon</i>	
6:30-7:15 YS * Pilates at the Barre <i>Sammy Tuchman</i>	7:15-8:00 MS * Cardio Sculpt <i>Mandy Corcione</i>	7:15-8:00 MS * Pilates Mat <i>Maria Martinez</i>	6:45-7:45 YS * Yin Yoga <i>Megan Hope</i>			
7:15-8:00 MS * Stronger <i>Bransen Gates</i>	8:00-8:45 YS * Sonic Meditation <i>Patrick Millard</i>	7:30-8:30 YS * Slow Flow Yoga <i>Jacob Reynolds</i>	7:15-8:00 MS * Cardio Dance <i>LaDarius Lee</i>			
7:30-8:45 YS * Power Vinyasa (Heated) <i>Johan Montijano</i>			8:00-8:45 YS * Pilates Rise <i>Claire Goldes</i>			

EQUINOX

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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

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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 + 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® 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.

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: 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

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.



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.