EQUINOX **HUDSON YARDS**

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

7:00-7:45	YS *	True Barre: Bala Bangle (Heated) *Michael J. Clark*
7:30-8:15	CS *	Anthem Ride *Steven Goldsmith*
7:45-8:30	MS *	Superset Athlete *TomJohn Mershon*
8:00-8:45	YS *	Pilates Fusion *Kristy DiScipio*
9:30-10:30	YS *	Vinyasa Yoga *Johan Montijano*
12:15-1:00	MS *	Stacked *Or Artzi*
12:15-1:15	YS *	Vinyasa Yoga *Kristina Erikson*
4:30-5:15	MS *	Stronger *Maddie Myers*
5:15-6:05	YS *	Pilates at the Barre *Claire Crause*
5:30-6:15	MS *	Ropes and Rowers *Michael J. Clark*
5:45-6:30	CS *	Beats Ride *Alex Joy Pucci*
6:15-6:30	MS *	Best Abs Ever *Michael J. Clark*
6:30-7:15	YS *	Pilates Fusion *Karla Beltchenko*
6:45-7:30	MS *	MetCon Monday *Jim Scholl*
7:00-7:50	TR *	Precision Run® *Corky Corkum*
7:30-8:30	YS *	Vinyasa Yoga *Katey Lewis*
7:45-8:30	MS *	Ballet by Equinox x ABT *Abbey Hunt*

TUESDAY

6:15-7:00	YS *	Barefoot Sculpt: The Ring *Vivian Jonokuchi*
6:30-7:00	MS *	**Quick HIIT** ***Renee Pesante***
7:00-7:45	MS *	Stronger *Renee Pesante*
7:30-8:20	TR *	Precision Run® *Chaz Jackson*
7:30-8:15	YS *	Power Vinyasa (Heated) *Jade Alexis*
8:00-8:45	MS *	Athletic Conditioning *Mara Gabrielle*
8:30-9:15	YS *	Pilates Fusion (Heated) *Bianca Crystal*
12:15-1:00	MS *	Body Sculpt *Kyla Lloyd*
1:15-2:00	YS *	Pilates at the Barre *Kyla Lloyd*
4:15-5:00	YS *	Barefoot Sculpt: The Ring *Michael J. Clark*
4:30-5:15	MS *	Athletic Conditioning *Esteban Deleon*
5:15-6:15	YS *	Vinyasa Yoga (Heated) *Jamison Goodnight*
5:30-6:15	MS *	Stronger *Peyton Royal*
5:45-6:30	CS *	Anthem Ride *Kristy DiScipio*
6:30-7:15	MS *	Cardio Dance: 305 Dance *Tom Feeney*
6:45-7:35	TR *	Precision Walk: Elevate *Christie Vozniak*
6:45-7:30	YS *	True Barre *Michael J. Clark*
7:15-8:15	PD *	Swim: Pro (L2) *Torello Cabrol*
7:30-8:15	MS *	Best Stretch Ever *Mike Owczarek*

WEDNESDAY

6:30-7:00	MS *	Core6 Express *Abbey Hunt*
7:00-7:45	MS *	Rhythmic Sculpt *Abbey Hunt*
7:00-7:45	YS *	Barefoot Sculpt: The Ring (Heated) *Kristy DiScipio*
7:15-8:05	TR *	Precision Run® *Steven Goldsmith*
7:30-8:20	CS *	Beats Ride *Mario Martinez*
7:30-8:15	PD *	Swim: Pro *Caleb Bright*
8:00-8:45	MS *	MetCon3 *Kyle White*
8:00-9:00	YS *	**Vinyasa Yoga (Heated)** ***Serena Tom***
9:30-10:20	YS *	Pilates Rise *Alex Ware*
12:15-1:00	MS *	Athletic Conditioning *Or Artzi*
12:15-1:15	YS *	Sculpted Yoga™ *Andy Santana*
1:15-2:05	TR *	Switch Up: Run + Strength *Or Artzi*
4:30-5:15	MS *	MetCon3 *KaRa Dizon*
5:15-6:00	YS *	**Pilates Mat (Heated)** ***Taylor Phillips***
5:30-6:15	MS *	Knockout *Erika Hammond*
5:45-6:30	CS *	Beats Ride *Ary Nunez*
6:00-7:00	PD *	Swim: Pro *George Fletcher*
6:30-7:15	MS *	**Stronger** ***Andrew Slane***
6:30-7:15	YS *	Pilates at the Barre *Michael J. Clark*
7:30-8:30	YS *	Power Vinyasa *Matt D'Amico*

THURSDAY

6:15-7:00	YS *	True Barre (Heated) *Rebecca Van Vliet*
7:00-7:45	CS *	Beats Ride *Amy Chiu*
7:00-7:30	MS *	Best Butt Ever *Jack McGowan*
7:15-8:00	YS *	Pilates Fusion *Michael Apuzzo*
7:45-8:35	TR *	Precision Run + Strength *Jack McGowan*
8:00-8:45	MS *	Stronger *Peyton Royal*
8:15-9:05	YS *	Vinyasa Yoga *Jessica Chin*
12:00-12:45	YS *	Pilates Fusion *Jose Rivera Jr.*
12:15-1:00	MS *	MetCon3 *KaRa Dizon*
1:00-2:00	YS *	Power Vinyasa *Jacob Reynolds*
5:15-6:00	MS *	Core6 *Alyssa Cerrachio*
5:15-6:15	YS *	Power Vinyasa (Heated) *Michael Gervais*
5:30-6:20	TR *	Precision Run + Strength *Javier Ortega*
6:00-6:45	CS *	Anthem Ride *Kidd Solomon*
6:15-7:00	MS *	**Leg Day** ***Alyssa Cerrachio***
6:30-7:15	YS *	Barefoot Sculpt: The Ring *Pasquale Guiducci*
7:15-8:15	PD *	Swim: Skills + Drills *Jason Strong*
7:30-8:20	MS *	Muay Thai *Khaled Zeidan*
7:30-8:30	YS *	Power Vinyasa *Pasquale Guiducci*

FRIDAY

7:00-8:00	YS *	Vinyasa Yoga *Mardi Sykes*
7:30-8:15	CS *	Beats Ride *Moedizzy*
7:45-8:30	MS *	MetCon3 *Jack McGowan*
9:00-9:50	YS *	True Barre *Lucas Blankenhorn*
9:30-10:15	MS *	Superset Athlete *TomJohn Mershon*
11:00-12:00	PD *	Swim: Skills + Drills *TomJohn Mershon*
12:00-12:45	MS *	Best Stretch Ever *Kelsey Stalter*
12:15-1:00	YS *	True Barre: Bala Bangle *Paige Bodnar*
4:00-4:45	TR *	Precision Run® *Waz Ashayer*
4:15-5:00	YS *	Pilates at the Barre *Karla Beltchenko*
5:00-5:45	MS *	MetCon3 *Waz Ashayer*
5:10-6:00	YS *	Pilates Rise *Karla Beltchenko*
6:00-6:45	CS *	Beats Ride *Siercia O'Brien*
6:15-7:05	MS *	Studio Dance: Hip Hop *Anastasiia Gavriukhova*
6:15-7:30	YS *	Power Vinyasa (Heated) *Karla Beltchenko*
7:45-8:30	YS *	Sonic Meditation *Suzanne Taylor*

SATURDAY

8:30-9:15	YS *	Pilates Fusion *Vivian Jonokuchi*
8:45-9:45	PD *	Swim: Pro *Ester Kim*
9:00-9:45	MS *	Stronger *Jess Strohmyer*
9:45-10:45	YS *	Vinyasa Yoga *Jessica Chin*
10:00-10:50	MS *	Whipped! *Gerren Liles*
10:15-11:00	CS *	Beats Ride *Chris Vernon*
11:00-11:45	MS *	Cardio Sculpt *Stephanie Levinson*
11:15-12:00	YS *	True Barre: Bala Bangle *Michael J. Clark*
11:45-12:35	TR *	Precision Run® *Andrew Briedis*
12:00-12:45	MS *	Best Butt Ever *Esteban Deleon*
12:00-12:45	PD *	Swim: Basics *Ester Kim*
12:15-1:00	YS *	Pilates Mat (Heated) *Susan Rappaport*
1:15-2:15	YS *	Vinyasa Yoga (Heated) *Mariko Hirakawa*
4:00-5:00	YS *	Sculpted Yoga™ (Heated) *Michael J. Clark*

SUNDAY

8:30-9:15	YS *	True Barre *Alicia Archer*
9:30-10:15	CS *	Anthem Ride *Amy Chiu*
9:45-10:30	YS *	Pilates Mat (Heated) *Gillian Popino*
10:00-10:50	MS *	Rounds: Bags and Mitts *Khaled Zeidan*
10:30-11:20	TR *	Precision Run® *Amy Chiu*
11:00-12:00	PD *	Swim: Skills + Drills *Jason Strong*
11:30-12:15	MS *	Stronger *Butchie Gamble*
11:30-12:30	YS *	Vinyasa Yoga *Robert Nguyen*
12:30-1:15	MS *	Core6 *Butchie Gamble*
12:45-1:35	YS *	True Barre: Cardio *Diane LaVon*
2:00-3:00	YS *	Power Vinyasa *Diane LaVon*
2:15-3:00	MS *	Best Stretch Ever *Mike Owczarek*
4:00-5:00	YS *	Restorative Yoga *Suzanne Taylor*
5:15-6:00	YS *	Sonic Meditation *Suzanne Taylor*

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

EQUINOX

HUDSON YARDS

32 Hudson Yards

NEW YORK NY 10001

EQUINOX.COM

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MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 07:00 AM 09:00 PM

GROUP FITNESS MANAGER

michael.clark@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.
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.
Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
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.

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: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You’ll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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

Ballet by Equinox x ABT Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.
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.
Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Swim

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.
Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.
Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

Sculpt

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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. 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® 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.
Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. 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, 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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.
Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

Boxing

Knockout Challenge yourself with Erika Hammond’s boxing-forward, full-body strength class integrating non-rhythmic shadow boxing combos with targeted strength training. This high energy class will leave you feeling empowered to take on any fight. An Equinox exclusive.
Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.
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.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.
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.

Strength

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.
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.
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.