EQUINOX

**DARIEN**

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

| | |
|---|---|
| 6:00-6:45 CS * | Beats Ride<br>*Kevin Condon* |
| 6:00-6:45 MS * | MetCon Monday<br>*Kim Pearson* |
| 7:00-7:45 YS * | Pilates at the Barre<br>*Madison Bildahl* |
| 8:15-9:00 YS * | Barefoot Sculpt: The Ring<br>*Ashley Skouras* |
| 8:30-9:15 MS * | Leg Day<br>*Kevin Sanchez* |
| 9:15-10:00 YS * | Pilates Mat<br>*Jennifer Schleppy* |
| 9:30-10:15 CS * | Beats Ride<br>*Ashley Skouras* |
| 9:30-10:15 MS * | Athletic Conditioning<br>*Lukasz Rogoz* |
| 10:30-11:15 YS * | True Barre<br>*Pilin Anice* |
| 10:45-11:30 MS * | Studio Dance: Hip Hop<br>*Paul Herman* |
| 12:15-1:00 YS * | Pilates at the Barre<br>*Joshua Diaz* |
| 5:30-6:15 YS * | Pilates Fusion<br>*Martha Guttuso* |
| 6:30-7:15 MS * | Athletic Conditioning<br>*Marcus Nelson* |

## TUESDAY

| | |
|---|---|
| 6:00-6:45 MS * | Tabata Max<br>*Lukasz Rogoz* |
| 7:00-7:50 TR * | Precision Run®<br>*Jaren Mondry* |
| 8:15-9:00 YS * | Pilates Fusion<br>*Ashley Skouras* |
| 8:30-9:15 MS * | MetCon3<br>*Rachel Shaver* |
| 8:30-9:20 TR * | Precision Run®<br>*Gabriel Hidalgo* |
| 9:30-10:15 MS * | Stronger<br>*Gabriel Hidalgo* |
| 9:30-10:15 YS * | True Barre<br>*Rachel Shaver* |
| 10:30-11:15 YS * | Athletic Stretch<br>*Kurt Dasbach* |
| 10:45-11:30 MS * | Cardio Dance<br>*Brandon Mubuuke* |
| 4:30-5:15 YS * | **Pilates Mat**<br>***Madison Bildahl*** |
| 5:30-6:30 YS * | **Sculpted Yoga™**<br>***Jake Lukach*** |
| 5:45-6:45 MS * | Rounds: Bags and Mitts<br>*Hailey Barbarie* |

## WEDNESDAY

| | |
|---|---|
| 6:00-6:45 CS * | Beats Ride<br>*Noah Orlian* |
| 6:00-6:45 MS * | Stronger<br>*Gabriel Hidalgo* |
| 7:00-7:45 YS * | Pilates Fusion<br>*Carla Griffin* |
| 8:30-9:15 MS * | **Stacked**<br>***Dashaun Johns*** |
| 9:15-10:00 YS * | Pilates Mat<br>*Courtney DeVincentis* |
| 9:30-10:15 CS * | Beats Ride<br>*Ashley Skouras* |
| 9:30-10:20 MS * | **Rounds: Bags and Mitts**<br>***Dashaun Johns*** |
| 10:30-11:15 YS * | Barefoot Sculpt<br>*Dina Pizzola* |
| 10:45-11:30 MS * | **Cardio Dance**<br>***Sasha Cakir*** |
| 5:30-6:15 YS * | **True Barre**<br>***Sasha Cakir*** |
| 6:30-7:15 MS * | Stronger<br>*Doug Schwartz* |
| 6:30-7:30 YS * | **Vinyasa Yoga**<br>***Sasha Cakir*** |

## THURSDAY

| | |
|---|---|
| 6:00-6:45 MS * | Athletic Conditioning<br>*Kim Pearson* |
| 7:00-7:50 TR * | Precision Run + Strength<br>*Jaren Mondry* |
| 7:00-7:45 YS * | Sunrise Vinyasa Yoga<br>*Katy Ingulli* |
| 8:15-9:00 YS * | Pilates at the Barre<br>*Ashley Skouras* |
| 8:30-9:15 MS * | Body Sculpt<br>*Brianne Pellini* |
| 9:30-10:15 MS * | Tabata Max<br>*Ashley Skouras* |
| 9:30-10:20 TR * | Precision Walk: Elevate + Strength<br>*Joshua Diaz* |
| 9:30-10:15 YS * | True Barre<br>*Pilin Anice* |
| 10:30-11:15 YS * | Athletic Stretch<br>*Kurt Dasbach* |
| 4:30-5:15 YS * | Barefoot Sculpt<br>*Courtney DeVincentis* |
| 5:30-6:15 YS * | **Pilates Fusion**<br>***Jennifer Schleppy*** |
| 5:45-6:35 MS * | **Ropes and Rowers**<br>***Gabriel Hidalgo*** |

## FRIDAY

| | |
|---|---|
| 6:00-6:45 MS * | Stacked<br>*Lukasz Rogoz* |
| 7:00-7:45 YS * | Pilates Fusion<br>*Claire Butler* |
| 8:15-9:00 YS * | Barefoot Sculpt<br>*Hannah Carmody* |
| 8:30-9:15 MS * | MetCon3<br>*Dina Fay* |
| 9:15-10:05 YS * | True Barre<br>*Noel Rosenstein* |
| 9:30-10:15 CS * | Beats Ride<br>*Dina Fay* |
| 9:30-10:20 MS * | **Whipped!**<br>***Gabriel Hidalgo*** |
| 10:45-11:30 MS * | Cardio Dance<br>*Sasha Cakir* |
| 12:15-1:00 YS * | Athletic Stretch<br>*Kurt Dasbach* |

## SATURDAY

| | |
|---|---|
| 8:00-9:00 YS * | Vinyasa Yoga<br>*Anna Nowok* |
| 8:15-9:00 MS * | Athletic Conditioning<br>*Ashley Skouras* |
| 9:15-10:15 YS * | True Barre<br>*Claire Butler* |
| 9:30-10:15 CS * | Beats Ride<br>*Ashley Skouras* |
| 9:30-10:15 MS * | MetCon3<br>*Kevin Sanchez* |
| 10:30-11:15 MS * | Cardio Kickboxing<br>*Kevin Sanchez* |
| 10:30-11:30 YS * | Pilates Fusion<br>*Paul Fuller* |

## SUNDAY

| | |
|---|---|
| 8:15-9:00 CS * | Beats Ride<br>*Elly Aiala* |
| 8:30-9:15 YS * | Pilates Rise<br>*Meghan Hufziger* |
| 9:15-10:00 MS * | Stronger<br>*Lukasz Rogoz* |
| 9:30-10:30 YS * | True Barre<br>*Sasha Cakir* |
| 10:45-11:30 MS * | Cardio Dance<br>*Sasha Cakir* |
| 11:00-12:00 YS * | Vinyasa Yoga<br>*Katy Ingulli* |

EQUINOX

**DARIEN**

72 Heights Road

DARIEN CT 06820

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT** 07:00 AM 08:00 PM

**SUN** 07:00 AM 07:00 PM

**Kids**

**MON-FRI** 08:00 AM 12:00 PM

**SAT** 08:00 AM 11:00 AM

**GROUP FITNESS MANAGER**

ashley.skouras@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

**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.
**Sunrise Vinyasa Yoga** Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.
**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.

## 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.
**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.

## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

## 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.

## 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 + Strength** A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body 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.
**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.
**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.
**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.
**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

**Cardio Kickboxing** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.
**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.

## Strength

**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.