EQUINOX **NOMAD**

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

6:30-7:15 MS *	Barefoot Sculpt *Or Artzi*
7:15-8:00 YS *	Pilates Fusion (Heated) *Sammy Tuchman*
7:30-8:15 MS *	Cardio Sculpt *Antonio Hudson*
7:45-8:35 TR *	Switch Up: Run + Strength *Or Artzi*
8:15-9:00 YS *	**True Barre (Heated)** ***Rachel King***
9:00-9:45 MS *	Stronger *Vincent Ruiz*
12:15-1:00 MS *	Body Sculpt *Esteban Deleon*
1:00-1:45 YS *	Pilates Fusion (Heated) *Ash Richard*
4:15-5:00 YS *	Pilates Mat *Bret Yamanaka*
5:00-5:45 MS *	Best Butt Ever *Shanice Reyes*
5:00-5:45 TR *	Precision Walk: Elevate *Amy Amato*
5:30-6:15 YS *	Best Stretch Ever (Heated) *Shawn Kobetz*
6:00-6:45 MS *	MetCon Monday *Gerren Liles*
6:30-7:30 YS *	Vinyasa Yoga *Kristin Bilella*
7:00-7:45 MS *	True Barre: Cardio *Andy Santana*
7:45-8:30 YS *	Pilates Fusion (Heated) *Gillian Popino*

TUESDAY

6:45-7:30 MS *	Stronger Women *Kristy DiScipio*
7:00-7:45 YS *	True Barre (Heated) *JP Maddock*
7:30-8:20 TR *	Precision Run® *Bryce Wood*
7:45-8:30 MS *	Body Sculpt *Melissa Chisholm*
8:00-8:50 YS *	Power Vinyasa (Heated) *Karla Beltchenko*
9:45-10:30 YS *	Pilates Fusion *Andy Santana*
11:00-11:45 YS *	Inner Strength *Nadia Zaki*
12:00-12:45 YS *	Barefoot Sculpt *Dyan Tsiumis*
1:00-1:45 YS *	Amplified Vinyasa (L2) (Heated) *Rika Henry*
4:15-5:00 YS *	True Barre (Heated) *Lucas Blankenhorn*
5:15-6:00 MS *	Stronger *Shaun Anthony*
5:15-6:05 TR *	**Precision Run®** ***Waz Ashayer***
5:30-6:30 YS *	Vinyasa Yoga (Heated) *Ali Cramer*
6:15-7:00 MS *	Athletic Conditioning *Waz Ashayer*
6:30-7:15 CS *	Beats Ride *Mario Martinez*
6:45-7:30 YS *	Pilates Fusion (Heated) *Beth Bardin*
7:15-8:00 MS *	True Barre: Bala Bangle *Rosie Fiedelman*
7:45-8:45 YS *	Vinyasa Yoga (Heated) *Jane Johnsen*

WEDNESDAY

6:45-7:30 YS *	**True Barre: Bala Bangle (Heated)** ***Sam Stedry***
7:30-8:15 MS *	Stacked *Jeff Robinson*
7:45-8:30 YS *	Barefoot Sculpt *Joanna Stahl*
8:45-9:30 YS *	Pilates Mat (Heated) *Itsy Rachatasumrit*
9:45-10:30 YS *	Pilates at the Barre *Kyla Lloyd*
11:00-12:00 YS *	Vinyasa Yoga (Heated) *Nadia Zaki*
12:15-1:00 YS *	**Pilates Fusion (Heated)** ***Nicole Uribarri***
4:15-5:00 YS *	Pilates Fusion (Heated) *Rosie Fiedelman*
5:00-5:45 MS *	MetCon3 *Esteban Deleon*
5:30-6:15 YS *	True Barre *James Ervin*
6:00-6:45 MS *	Body Sculpt *Jeff Robinson*
6:30-7:30 YS *	Power Vinyasa (Heated) *Serena Tom*
7:00-8:00 MS *	Studio Dance: DANCEology *James Ervin*
7:45-8:30 YS *	Barefoot Sculpt: The Ring *Mandy Corcione*

THURSDAY

6:45-7:30 MS *	Body Sculpt *Smita Nalluri*
7:00-7:45 YS *	Pilates Fusion *Alison O'Connor*
7:15-8:00 CS *	Beats Ride *Nadia Wilemski*
7:45-8:30 MS *	Stronger *Gerard Thelemaque*
8:00-8:45 YS *	**Pilates at the Barre** ***Toni Fuller***
9:45-10:30 YS *	True Barre (Heated) *Paige Bodnar*
11:00-11:45 YS *	**Best Stretch Ever (Heated)** ***Robert Nguyen***
12:00-12:45 YS *	Barefoot Sculpt: The Ring (Heated) *Dyan Tsiumis*
4:00-4:45 YS *	Pilates at the Barre *Elgin McCargo*
5:15-6:00 MS *	Superset Athlete *TomJohn Mershon*
5:30-6:15 YS *	Amplified Vinyasa (L2) (Heated) *Rika Henry*
6:15-7:00 MS *	Barefoot Sculpt *Lindsay B. Davis*
6:15-7:05 TR *	Precision Run® *TomJohn Mershon*
6:45-7:30 YS *	Pilates Mat (Heated) *Khaleah London*
7:15-8:05 MS *	**Stronger** ***Dario Torres***
7:45-8:30 YS *	True Barre (Heated) *Khaleah London*

FRIDAY

7:00-7:45 MS *	**Athletic Conditioning** ***Melissa Chisholm***
7:15-8:00 YS *	Barefoot Sculpt (Heated) *Genieve Gordon*
8:00-8:50 TR *	Precision Walk: Elevate *Khaleah London*
8:15-9:00 YS *	Pilates Fusion (Heated) *Michael Apuzzo*
9:00-9:45 MS *	**Body Sculpt** ***Esteban Deleon***
12:15-1:00 YS *	True Barre *Emily Naim*
12:30-1:15 MS *	Stronger *Jeff Robinson*
3:00-3:45 YS *	Pilates at the Barre *Toni Fuller*
4:15-5:00 YS *	Barefoot Sculpt: The Ring *Ary Nunez*
5:15-6:00 YS *	Pilates Fusion (Heated) *Adele Carlson*
5:30-6:15 MS *	Rounds: Boxing *Ugo Peter-Obiagwu*
5:45-6:30 CS *	**Beats Ride** ***Lindsay B. Davis***
6:30-7:30 YS *	Power Vinyasa (Heated) *Alison O'Connor*

SATURDAY

8:45-9:30 MS *	**Body Sculpt** ***Avery Royal***
9:00-9:45 YS *	Pilates Fusion (Heated) *Elgin McCargo*
10:00-10:45 MS *	Stronger *Shaun Anthony*
10:30-11:30 YS *	Power Vinyasa (Heated) *Serena Tom*
10:45-11:35 CS *	Beats Ride *Ary Nunez*
11:00-11:45 MS *	MetCon3 *Jeff Robinson*
11:15-12:05 TR *	Precision Run® *Bryce Wood*
11:45-12:30 YS *	Barefoot Sculpt (Heated) *Dyan Tsiumis*
12:00-12:45 MS *	True Barre: Cardio *Andy Santana*
12:45-1:45 YS *	Vinyasa Yoga (Heated) *Jane Johnsen*
1:00-1:45 MS *	Stronger *Jeff Robinson*
2:15-3:05 YS *	Pilates Rise (Heated) *Lucas Blankenhorn*
3:30-4:15 YS *	True Barre (Heated) *Lindsay B. Davis*
4:30-5:30 YS *	Power Vinyasa (Heated) *Babette Godefroy*

SUNDAY

9:15-10:05 YS *	Barefoot Sculpt: The Ring *Kyla Owen*
9:45-10:30 CS *	Beats Ride *Fred Smith*
10:30-11:15 YS *	Pilates Mat (Heated) *Deena Parrilla*
10:45-11:30 MS *	Stronger *Shanice Reyes*
11:30-12:15 YS *	True Barre (Heated) *Paige Bodnar*
11:45-12:30 MS *	**Rounds: Boxing** ***Jermaine Bailey***
12:45-1:45 YS *	Power Vinyasa (Heated) *Katey Lewis*
2:00-2:45 YS *	**Pilates Fusion (Heated)** ***Beth Bardin***
3:00-3:45 YS *	**True Barre (Heated)** ***Nicky Venditti***
4:30-5:30 YS *	Weekend Wind Down Yoga *Robert Nguyen*

EQUINOX

NOMAD

31 West 27th Street

NEW YORK NY 10010

EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

loi.jordon@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

Amplified Vinyasa Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.
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.
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.

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.

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.
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.
Inner Strength Nadia Zaki's movement-inspired conditioning class fuses Pilates and yoga into a fluid, full-body workout. Expect improved balance, core control, endurance, and flexibility — all built through expressive, rhythm-based movement that strengthens the mind-body connection.

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.
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.
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.
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.

Dance

Studio Dance: DANCEology An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

Boxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds 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.

Strength

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.
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.
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. An Equinox exclusive.