

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 YS * True Barre <i>Ana Boiangiu</i>	6:30-7:30 YS * Power Vinyasa <i>Stephanie Strine</i>	6:30-7:15 MS * MetCon3 <i>Andrew Muscarella</i>	7:15-8:00 MS * Tabata Max <i>Elsa Saatela</i>	6:45-7:30 YS * Pilates Mat <i>Dana Tarasavage</i>	9:00-10:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Damien Alexander</i>
7:00-8:00 PD * Swim: Skills + Drills <i>Caleb Bright</i>	7:15-8:00 MS * Rhythmic Sculpt <i>LaDarius Lee</i>	6:45-7:30 YS * Pilates Mat (Heated) <i>Mitchell Allison</i>	7:30-8:15 CS * Beats Ride <i>Davie Donofrio</i>	7:00-7:30 MS * Best Butt Ever <i>Tim Flores</i>	9:15-10:05 CS * Anthem Ride <i>Leah Clark</i>	9:45-10:30 MS * MetCon3 <i>Gerren Liles</i>
7:15-8:05 TR * Precision Run + Strength <i>Flaminia Fanale</i>	7:30-8:15 CS * Beats Ride <i>Betty Kasper</i>	7:00-7:50 TR * Precision Run® <i>Taj Harris</i>	8:00-8:45 YS * Pilates Rise (Heated) <i>Colleen Wright</i>	7:15-8:05 TR * Precision Run® <i>Evan Wood</i>	9:30-10:15 MS * Stronger <i>Tim Flores</i>	10:00-10:45 CS * Beats Ride <i>Diego Lanza</i>
7:30-8:15 MS * Stronger <i>Daniel Neale</i>	8:00-8:45 YS * Pilates at the Barre <i>Kyla Lloyd</i>	7:30-8:00 MS * Upper Body Pump <i>Abbey Hunt</i>	8:15-9:05 MS * Rounds: Bags and Mitts <i>Khaled Zeidan</i>	7:30-8:00 MS * Best Abs Ever <i>Tim Flores</i>	10:15-11:00 YS * Pilates Fusion <i>Stephanie Russo</i>	10:30-11:15 YS * Pilates Mat (Heated) <i>Rosie Fiedelman</i>
7:45-8:45 YS * Vinyasa Yoga (Heated) <i>Dee Holliday</i>	8:15-9:00 MS * MetCon3 <i>DeVonte McCray</i>	7:45-8:45 YS * Power Vinyasa (Heated) <i>Damien Alexander</i>	9:15-10:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	7:45-8:45 YS * Power Vinyasa <i>Dana Tarasavage</i>	10:30-11:15 MS * MetCon3 <i>Tim Flores</i>	10:45-11:35 MS * Whipped! <i>Gerren Liles</i>
9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Kyla Lloyd</i>	8:00-8:30 MS * Best Abs Ever <i>Abbey Hunt</i>	9:30-10:15 MS * Cardio Dance: 305 Dance <i>LaDarius Lee</i>	8:15-9:00 MS * MetCon3 <i>Tim Flores</i>	10:45-11:30 CS * Beats + Bands Ride: Uncensored <i>Betsy Mallonee</i>	11:30-12:30 YS * Sculpted Yoga™ (Heated) <i>Kumiko Buckman</i>
10:15-11:15 YS * Vinyasa Yoga <i>James Donegan</i>	10:30-11:15 YS * Pilates Mat <i>Jennifer Kalajian</i>	9:00-9:45 MS * Rhythmic Sculpt <i>LaDarius Lee</i>	10:30-11:15 YS * True Barre <i>JP Maddock</i>	9:15-10:05 YS * Pilates Fusion <i>Stephanie Russo</i>	11:30-12:30 YS * Power Vinyasa <i>Caitlyn Casson</i>	12:00-12:45 MS * Body Sculpt <i>Mandy Corcione</i>
12:30-1:00 MS * Best Butt Ever <i>Tim Flores</i>	12:00-1:00 YS * Vinyasa Yoga <i>Patrick Millard</i>	10:15-11:00 MS * Best Stretch Ever <i>Rika Henry</i>	12:00-1:00 YS * Power Vinyasa <i>Lizzie Falkner</i>	10:00-10:45 PD * Hydro Sculpt <i>Taj Harris</i>	12:00-12:45 MS * Cardio Sculpt <i>Betsy Mallonee</i>	1:00-1:45 YS * Barre <i>Monica Colino</i>
1:00-1:30 MS * Best Abs Ever <i>Tim Flores</i>	12:15-1:00 MS * Athletic Conditioning <i>JD Martin</i>	12:15-1:00 YS * Pilates at the Barre <i>Colleen Wright</i>	12:15-1:00 MS * Stronger <i>Joey Ledonio</i>	12:00-12:45 MS * Stacked <i>Diego Guevara</i>	12:45-1:30 YS * Pilates at the Barre <i>Colleen Wright</i>	2:00-3:00 YS * Iyengar Yoga <i>Deidra Demens</i>
1:15-2:00 YS * Silhouette (Heated) <i>Alexis Sweeney</i>	4:30-5:15 YS * Pilates Mat (Heated) <i>Rosie Fiedelman</i>	1:15-2:00 YS * Sonic Meditation <i>Kumiko Buckman</i>	1:15-2:00 YS * Pilates Mat <i>Claire Danese</i>	1:00-1:45 MS * Best Stretch Ever <i>Diego Guevara</i>	1:00-1:50 MS * 360 Strength <i>Joey Ledonio</i>	3:30-4:15 YS * Pilates Fusion <i>Julia Atkin</i>
1:15-2:00 YS * Pilates Rise <i>Becca Wood</i>	5:15-5:45 MS * Best Butt Ever <i>Eliza Rose</i>	4:30-5:30 YS * Vinyasa Yoga <i>Keith Allen</i>	4:30-5:15 YS * True Barre <i>Sammy Tuchman</i>	3:30-4:15 YS * Pilates Mat <i>Claire Goldes</i>	1:15-2:00 PD * Hydro Athlete <i>Betsy Mallonee</i>	4:30-5:30 YS * Vinyasa Yoga <i>Katey Lewis</i>
3:30-4:15 YS * Pilates Mat (Heated) <i>Alexis Sweeney</i>	5:30-6:30 YS * Power Vinyasa (Heated) <i>Dee Holliday</i>	4:45-5:30 PD * Hydro Sculpt <i>Taj Harris</i>	5:15-6:00 CS * Beats Ride <i>Betsy Mallonee</i>	4:30-5:30 YS * Vinyasa Yoga <i>Alexa Kerner</i>	2:00-2:45 YS * Pilates Mat <i>Kyla Lloyd</i>	5:00-5:45 MS * Athletic Conditioning <i>Niki Farahani</i>
4:15-5:00 MS * Best Stretch Ever <i>Lauren Anthony</i>	5:45-6:30 CS * Beats Ride <i>Vinnie Smith</i>	5:30-6:15 MS * Body Sculpt <i>Katherine Menna</i>	5:30-6:30 YS * Vinyasa Yoga <i>Natalie Perez</i>	5:00-6:00 PD * Swim: Skills + Drills <i>Caleb Bright</i>	4:15-5:00 MS * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	5:45-6:30 YS * Sonic Meditation <i>Katey Lewis</i>
4:30-5:30 YS * Power Vinyasa <i>Jane Johnsen</i>	5:45-6:00 MS * Best Abs Ever <i>Eliza Rose</i>	5:45-6:30 YS * Pilates Mat <i>Jack Wunsch</i>	5:45-6:30 MS * Athletic Conditioning <i>JD Martin</i>	5:15-6:00 MS * Body Sculpt <i>Mandy Corcione</i>	4:30-5:30 YS * Yin Yoga Meditation (Heated) <i>Kevin Bigger</i>	6:45-7:45 YS * Power Vinyasa <i>Jane Johnsen</i>
4:45-5:30 PD * Hydro Athlete <i>Betsy Mallonee</i>	6:15-7:00 MS * Stronger <i>Eliza Rose</i>	6:00-6:45 CS * Beats Ride <i>Davie Donofrio</i>	6:45-7:35 MS * Cardio Sculpt <i>Betsy Mallonee</i>	5:45-6:30 YS * Pilates Fusion <i>Deena Parrilla</i>		
5:30-6:15 MS * Stronger <i>Lauren Anthony</i>	7:00-7:45 YS * True Barre (Heated) <i>Rosie Fiedelman</i>	6:30-7:20 MS * 360 Strength <i>Joey Ledonio</i>	7:00-7:45 YS * Pilates Fusion <i>Alec Hynes</i>	6:15-7:05 MS * Rounds: Boxing <i>Marshall Brockley</i>		
5:45-6:30 YS * Pilates Fusion <i>Mitchell Allison</i>	7:15-8:00 MS * Cardio Dance: 305 Dance <i>Marielle A</i>	6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Lizzie Falkner</i>	8:00-9:00 YS * Slow Flow Yoga <i>Deidra Demens</i>	7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Jess Reidy</i>		
6:00-6:45 CS * Beats Ride <i>Nadia Wilemski</i>	8:00-8:45 YS * Pilates Fusion (Heated) <i>Rosie Fiedelman</i>	7:30-8:15 MS * Stronger <i>Keenen Johns-Harris</i>				
6:30-7:15 MS * MetCon Monday <i>Andrew Muscarella</i>	8:15-9:00 MS * Rounds: Bags and Mitts <i>Abraham DelValle</i>					
6:45-7:45 YS * Vinyasa Yoga <i>Patrick Millard</i>						
7:00-7:50 TR * Precision Run® <i>Lauren Anthony</i>						
7:15-8:00 CS * Anthem Ride <i>Molly Mook</i>						
7:30-8:20 MS * Cardio Sculpt <i>Betsy Mallonee</i>						
8:00-8:45 YS * Sonic Meditation <i>Patrick Millard</i>						

EQUINOX

DOMINO

24 River St

BROOKLYN NY 11249

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 09:00 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

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 + Bands Ride: **Uncensored Beats + Bands Ride** combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.



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.



Yoga

Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

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.

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.

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.



Barre

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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.

Silhouette Silhouette by Alexis Sweeney offers a contemporary take on a low impact, high-intensity Pilates Fusion class to deep house beats that boost muscular endurance, balance, stamina, strength, and flexibility. Seamless moves and creative sequences provide a distinct challenge leaving you eager for more.



Dance

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.



Boxing

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.

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.



Swim

Hydro Athlete An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap 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.



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.



Sculpt

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, low-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.



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.

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.