EQUINOX

DOMINO

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

6:45-7:30	YS *	Pilates Fusion *Serena Mello*
7:00-8:00	PD *	Swim: Skills + Drills *Prestin Li*
7:30-8:15	MS *	Stronger *Daniel Neale*
7:45-8:45	YS *	Vinyasa Yoga *Dee Holliday*
8:30-9:15	MS *	Body Sculpt *Kaelee Albritton*
9:15-10:00	YS *	Pilates Fusion *Sammy Tuchman*
10:15-11:15	YS *	**Slow Flow Yoga (Heated)** ***Babette Godefroy***
12:15-1:00	MS *	MetCon Monday *Tim Flores*
1:15-2:00	YS *	**Barre** ***Commodore Primous***
3:30-4:15	YS *	Pilates Fusion *Serena Mello*
4:30-5:30	YS *	Power Vinyasa (Heated) *Jane Johnsen*
5:30-6:15	MS *	Stronger *Katie Robinson*
5:45-6:30	YS *	Pilates Mat *Mitchell Allison*
6:00-6:45	CS *	Beats Ride *Nadia Wilemski*
6:00-6:45	PD *	**Hydro Sculpt** ***Bradford Shreve***
6:30-7:15	MS *	MetCon Monday *Katie Robinson*
6:45-7:45	YS *	Vinyasa Yoga *Patrick Millard*
7:15-8:00	CS *	Beats Ride *Michael MacNeal*
7:30-8:00	MS *	**Best Butt Ever** ***Katie Robinson***
8:00-8:30	MS *	**Best Abs Ever** ***Katie Robinson***
8:00-8:45	YS *	Sonic Meditation *Patrick Millard*

TUESDAY

6:30-7:30	YS *	**Power Vinyasa** ***Damien Alexander***
7:00-7:45	MS *	**Body Sculpt** ***Emma Vielbig***
7:30-8:15	CS *	Beats Ride *Betty Kasper*
7:45-8:30	YS *	**Pilates Fusion (Heated)** ***Stephanie Russo***
8:00-8:45	MS *	**Stronger** ***Eliza Rose***
10:30-11:15	YS *	Pilates Mat *Claire Danese*
12:00-1:00	YS *	Vinyasa Yoga *Patrick Millard*
1:15-2:00	YS *	Pilates Fusion (Heated) *Serena Mello*
4:30-5:15	YS *	Pilates Mat (Heated) *Rosie Fiedelman*
5:30-6:15	MS *	Leg Day *Eliza Rose*
5:45-6:45	YS *	Power Vinyasa (Heated) *Dee Holliday*
6:15-7:00	CS *	Beats Ride *Michael MacNeal*
6:30-7:15	MS *	Stronger *Eliza Rose*
6:45-7:45	PD *	Swim: Skills + Drills *Caleb Bright*
7:00-7:45	YS *	True Barre *Louisa Britt*
7:30-8:15	MS *	Body Sculpt *Kaelee Albritton*
8:00-9:00	YS *	Vinyasa Yoga *Jess Anson*
8:30-9:15	MS *	**Rounds: Bags and Mitts** ***Marshall Brockley***

WEDNESDAY

6:45-7:30	YS *	Pilates Mat (Heated) *Mitchell Allison*
7:15-8:05	TR *	Precision Run® *Bryce Wood*
7:30-8:15	MS *	MetCon3 *Eliza Rose*
7:45-8:45	YS *	Power Vinyasa (Heated) *Damien Alexander*
8:30-9:15	PD *	Hydro Sculpt *Taj Harris*
9:15-10:00	YS *	True Barre *April Shipp-Medcalf*
9:30-10:15	MS *	Rhythmic Sculpt *LaDarius Lee*
10:30-11:15	YS *	Best Stretch Ever *Rika Henry*
12:00-12:45	YS *	Pilates at the Barre *Colleen Wright*
12:15-1:00	MS *	Stronger *Smita Nalluri*
4:30-5:15	YS *	True Barre *Katherine Menna*
5:30-6:15	MS *	Barefoot Sculpt: The Ring *Katherine Menna*
5:45-6:30	YS *	Pilates Fusion *Jack Wunsch*
6:15-7:05	CS *	**Beats + Bands Ride: Uncensored** ***Betsy M***
6:30-7:15	MS *	MetCon3 *Patrick Flannery*
6:45-7:45	YS *	Vinyasa Yoga (Heated) *Lizzie Falkner*
7:30-8:15	MS *	Stronger *Joey Ledonio*
8:00-8:45	YS *	Yin Yoga + Sound Meditation *Lizzie Falkner*

THURSDAY

6:30-7:30	YS *	**Sculpted Yoga™ (Heated)** ***Kevin Bigger***
7:00-7:45	MS *	**Stronger** ***Elsa Saatela***
7:00-8:00	PD *	Swim: Pro *Daniel Neale*
7:45-8:30	YS *	**Pilates Rise (Heated)** ***Colleen Wright***
8:00-8:45	MS *	**Cardio Sculpt** ***Bubba Caruso***
9:15-10:15	YS *	Vinyasa Yoga *Patrick Millard*
12:00-1:00	YS *	Power Vinyasa *Lizzie Falkner*
12:30-1:15	MS *	**Barefoot Sculpt: The Ring** ***Chloe Allen***
1:15-2:00	YS *	Pilates Mat *Jack Wunsch*
5:30-6:15	MS *	**Body Sculpt** ***Butchie Gamble***
5:45-6:45	YS *	Power Vinyasa (Heated) *Babette Godefroy*
6:30-7:15	CS *	**Beats Ride** ***Cecilia Lopez***
6:45-7:30	MS *	Leg Day *Tim Flores*
6:45-7:30	PD *	**Hydro Sculpt** ***Simone Johnston***
7:00-7:45	YS *	Pilates Fusion *Alec Hynes*
8:00-9:00	YS *	Yin Yoga (Heated) *Katelyn Thelemaque*

FRIDAY

6:45-7:30	YS *	**Pilates Fusion** ***Christina DeRosa***
7:15-8:05	TR *	**Precision Run®** ***Evan Wood***
7:30-8:15	MS *	Body Sculpt *Betty Kasper*
7:45-8:45	YS *	Power Vinyasa *Dana Tarasavage*
8:30-9:15	MS *	MetCon3 *Tim Flores*
9:15-10:00	YS *	Pilates Fusion *Stephanie Russo*
9:30-10:15	MS *	Stronger *Tim Flores*
10:30-11:15	PD *	**Hydro Sculpt** ***Taj Harris***
12:15-1:00	MS *	Stacked *Diego Guevara*
1:15-2:00	YS *	Best Stretch Ever *Diego Guevara*
3:30-4:15	YS *	Pilates Mat *Claire Goldes*
5:15-6:00	MS *	Cardio Dance: 305 Dance *Phoenix Best*
5:45-6:30	YS *	Pilates at the Barre *Deena Parrilla*
6:00-6:45	CS *	Beats Ride *Michael MacNeal*
6:15-7:00	MS *	Barefoot Sculpt: The Ring *Jenna Woodrum*
6:15-7:15	PD *	Swim: Skills + Drills *Caleb Bright*
6:45-7:45	YS *	Vinyasa Yoga (Heated) *Katelyn Thelemaque*
7:15-8:00	MS *	Rounds: Boxing *Emma Artero*

SATURDAY

9:00-10:00	YS *	Vinyasa Yoga *Lizzie Falkner*
9:30-10:20	CL *	Precision Run Club (Outdoor) *Jess Bieda*
9:30-10:15	MS *	Stronger *Tim Flores*
9:45-10:30	CS *	**Beats Ride** ***Betsy M***
10:15-11:00	YS *	Pilates Fusion *Stephanie Russo*
10:30-11:15	MS *	MetCon3 *Tim Flores*
10:45-11:30	CS *	**Beats Ride** ***Cecilia Lopez***
11:15-12:00	YS *	Pilates Mat *Serena Mello*
11:30-12:15	MS *	**Body Sculpt** ***Betty Kasper***
12:15-1:15	YS *	Power Vinyasa *Caitlyn Casson*
1:15-2:00	MS *	Rounds: Boxing *Ugo Peter-Obiagwu*
1:15-2:00	PD *	**Hydro Sculpt** ***Simone Johnston***
2:30-3:15	YS *	**Best Stretch Ever** ***Katey Lewis***
3:30-4:15	YS *	Pilates at the Barre *Elgin McCargo*
4:30-5:15	MS *	**Barefoot Sculpt: The Ring** ***Elgin McCargo***
4:45-5:45	YS *	**Yin Yoga Meditation (Heated)** ***Kevin Bigger***

SUNDAY

9:00-10:00	YS *	Vinyasa Yoga (Heated) *Damien Alexander*
9:15-10:00	MS *	Stronger *Smita Nalluri*
10:00-10:45	CS *	Beats Ride *Diego Lanza*
10:15-11:00	MS *	MetCon3 *Chloe Allen*
10:30-11:15	YS *	Pilates Mat (Heated) *Rosie Fiedelman*
11:15-12:00	MS *	Body Sculpt *Chloe Allen*
11:30-12:30	YS *	Sculpted Yoga™ (Heated) *Kumiko Buckman*
12:00-1:00	PD *	**Swim: Skills + Drills** ***Prestin Li***
1:15-2:00	YS *	True Barre *JP Maddock*
2:30-3:15	YS *	Pilates Fusion *Julia Atkin*
3:30-4:15	YS *	Best Stretch Ever *Katey Lewis*
4:30-5:30	YS *	Vinyasa Yoga *Katey Lewis*
5:00-5:45	MS *	Stronger *Katie Robinson*
5:45-6:30	YS *	Sonic Meditation *Katey Lewis*

EQUINOX

DOMINO

24 River St

BROOKLYN NY 11249

EQUINOX.COM

@EQUINOX

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

betsy.mallonee@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

CL Club Lobby

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.

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.
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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.
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.

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.

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

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 Club Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. An Equinox exclusive.
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.

HIIT

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

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.

Swim

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: 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.

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.