EQUINOX

HUDSON SQUARE

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	Sunrise Vinyasa Yoga (Heated)	
YS *	*Kevin Bigger*	
6:45-7:35	Stronger	
MS *	*Smita Nalluri*	
7:30-8:15	Pilates at the Barre (Heated)	
YS *	*Christopher Howard*	
8:15-9:00	Body Sculpt	
MS *	*Smita Nalluri*	
9:30-10:15	True Barre: Bala Bangle	
YS *	*Sarah Esser*	
11:45-12:30	True Barre (Heated)	
YS *	*April Shipp-Medcalf*	
12:00-12:50	Beats Ride	
CS *	*Jaimie Austin*	
1:00-1:45	Body Sculpt	
MS *	*Marissa Myers*	
4:15-5:00	Pilates Mat	
YS *	*Lilly Joergensen*	
5:30-6:20	Precision Run®	
TR *	*Jaimie Austin*	
5:30-6:15	Vinyasa Yoga	
YS *	*Suzanne Taylor*	
6:00-6:45	Body Sculpt	
MS *	*Michelle Sim*	
6:15-7:00	Beats Ride	
CS *	*Alejandra Acosta*	
6:45-7:30	True Barre (Heated)	
YS *	*Minga Prather*	
6:50-7:20	Best Abs Ever	
MS *	*Michelle Sim*	
7:45-8:30	Barefoot Sculpt (Heated)	
YS *	*Minga Prather*	

TUESDAY

6:15-7:00	Barefoot Sculpt (Heated)	
YS *	*Bella Merritt*	
6:30-7:15	Cardio Sculpt	
MS *	*Esteban Deleon*	
7:15-8:00	Beats Ride	
CS *	*Michael MacNeal*	
7:15-8:00	Power Vinyasa (Heated)	
YS *	*Rika Henry*	
7:45-8:30	Stronger	
MS *	*Esteban Deleon*	
8:45-9:30	Barefoot Sculpt: The Ring (Heated)	
YS *	*Meaghan McLeod*	
10:00-10:45	Body Sculpt	
MS *	*Or Artzi*	
12:00-12:45	**Best Butt Ever**	
MS *	***Isabelle Luongo***	
12:15-1:00	Pilates Mat	
YS *	*Lilly Joergensen*	
4:00-4:45	Vinyasa Yoga (Heated)	
YS *	*Alexa Kerner*	
5:00-5:50	Pilates Fusion (Heated)	
YS *	*Andre Rivera*	
5:30-6:15	Stronger	
MS *	*Shannon Kronstadt*	
6:15-7:00	Barefoot Sculpt	
YS *	*Anna Ciambrone*	
6:30-7:15	**Cardio Dance: 305 Dance**	
MS *	***Marielle A***	
7:15-8:00	Pilates Fusion (Heated)	
YS *	*Claire Goldes*	

WEDNESDAY

6:30-7:15	True Barre: Off the Barre (Heated)	
YS *	*Sarah Esser*	
6:45-7:30	Body Sculpt	
MS *	*Kaylyn Eigen*	
7:15-8:05	Precision Run + Strength	
TR *	*Isabelle Luongo*	
7:30-8:15	Pilates Mat	
YS *	*Caroline Strong*	
8:15-9:00	Core6	
MS *	*Isabelle Luongo*	
9:30-10:15	Pilates at the Barre (Heated)	
YS *	*Colleen Wright*	
11:45-12:30	Power Vinyasa (Heated)	
YS *	*Jaimie Austin*	
1:00-1:45	Body Sculpt	
MS *	*Bonnie Flannery*	
4:15-5:00	True Barre	
YS *	*Zach Eisenberg*	
5:30-6:20	**Precision Run®**	
TR *	***Christie Vozniak***	
5:30-6:15	Barefoot Sculpt: The Ring	
YS *	*Zach Eisenberg*	
6:00-6:45	Leg Day	
MS *	*Alison O'Connor*	
6:45-7:30	Amplified Vinyasa (L2) (Heated)	
YS *	*Rika Henry*	
6:50-7:20	Best Abs Ever	
MS *	*Alison O'Connor*	
7:45-8:30	Pilates at the Barre (Heated)	
YS *	*Genieve Gordon*	

THURSDAY

6:15-7:00	Barefoot Sculpt (Heated)	
YS *	*Kyla Owen*	
6:30-7:15	Tabata Max	
MS *	*Nyree Brown*	
7:15-8:00	Pilates Fusion	
YS *	*Anna Ciambrone*	
7:30-8:20	Precision Run®	
TR *	*Jaimie Austin*	
7:45-8:30	Best Butt Ever	
MS *	*Nyree Brown*	
8:45-9:45	Power Vinyasa (Heated)	
YS *	*Jaimie Austin*	
10:00-10:45	Cardio Sculpt	
MS *	*Marie Jasmin*	
12:15-1:00	Pilates at the Barre (Heated)	
YS *	*Christopher Howard*	
4:00-4:45	Barefoot Sculpt: The Ring (Heated)	
YS *	*Betty Kasper*	
5:00-6:00	Sculpted Yoga™ (Heated)	
YS *	*Andy Santana*	
5:15-6:00	Beats Ride	
CS *	*Betty Kasper*	
5:30-6:15	Stacked	
MS *	*Christopher Howard*	
6:15-7:00	Pilates Fusion (Heated)	
YS *	*Andy Santana*	
6:30-7:15	Stronger	
MS *	*Jacquie Scoliard*	

FRIDAY

7:00-7:45	Pilates Mat	
YS *	*Caitlyn Casson*	
8:00-8:45	Vinyasa Yoga (Heated)	
YS *	*Caitlyn Casson*	
8:15-9:00	Stronger	
MS *	*Kyle O'Brien*	
9:30-10:15	Pilates at the Barre (Heated)	
YS *	*Christopher Howard*	
10:45-11:30	Barefoot Sculpt: The Ring (Heated)	
YS *	*Paige Bodnar*	
12:00-12:45	Pilates Fusion (Heated)	
YS *	*Deena Parrilla*	
4:00-5:00	Power Vinyasa (Heated)	
YS *	*Katelyn Thelemaque*	
5:00-5:45	Stronger	
MS *	*Ricardo Drumond*	
5:15-6:05	Pilates Fusion (Heated)	
YS *	*Andre Rivera*	
6:45-7:45	Yin Yoga Meditation (Heated)	
YS *	*Babette Godefroy*	

SATURDAY

8:30-9:15	Body Sculpt	
MS *	*Alex Ware*	
8:45-9:30	Barefoot Sculpt (Heated)	
YS *	*Dyan Tsiumis*	
9:45-10:35	Stronger	
MS *	*Dyan Tsiumis*	
10:00-10:45	**Beats Ride**	
CS *	***Roxana Viesca***	
10:15-11:00	**Pilates Mat**	
YS *	***Christopher Howard***	
11:00-11:45	Rhythmic Sculpt	
MS *	*Alex Ware*	
11:15-12:15	Vinyasa Yoga (Heated)	
YS *	*Aaron Cane*	
12:00-12:45	**Athletic Conditioning**	
MS *	***Melissa Chisholm***	
12:45-1:30	True Barre: Bala Bangle (Heated)	
YS *	*Christopher Howard*	
2:00-2:45	Pilates Fusion (Heated)	
YS *	*Gillian Popino*	

SUNDAY

9:00-9:50	Power Vinyasa (Heated)	
YS *	*Rika Henry*	
9:45-10:30	**Cardio Dance: 305 Dance**	
MS *	***LaDarius Lee***	
10:00-10:45	Beats Ride	
CS *	*Jenny Sun*	
10:15-11:00	True Barre: Bala Bangle	
YS *	*Minga Prather*	
11:00-11:45	**Body Sculpt**	
MS *	***Michelle Sim***	
11:15-12:00	Pilates Fusion	
YS *	*Dara Adler*	
12:00-12:50	**Stronger**	
MS *	***Michelle Sim***	
2:30-3:30	Vinyasa Yoga (Heated)	
YS *	*Katelyn Thelemaque*	
4:00-4:45	Pilates Fusion (Heated)	
YS *	*Elyse Cowles*	
5:15-6:15	Weekend Wind Down Yoga	
YS *	*Franklin Camacho*	

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

EQUINOX

HUDSON SQUARE

75 Varick St.

NEW YORK NY 10013

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

christopher.howard@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.
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.
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.
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.

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 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.
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.

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.
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.

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: Off the Barre This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. 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.

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.