EQUINOX

TERMINAL WAREHOUSE

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

7:15-8:00 TR *	Precision Walk: Elevate *Leah Clark*
8:00-8:45 RF *	Pilates Reform (Premium) *Lauren Gresens*
12:00-12:45 RF *	Pilates Reform (Premium) *Ciana Jao*
12:30-1:30 PG *	PGX: Playground Experience *Bryce Vaewsorn Taylor Cooley*
5:00-5:45 TR *	Precision Run® *Waz Ashayer*
5:30-6:15 RF *	Pilates Reform (Premium) *Ciana Jao*
6:00-7:00 PG *	PGX: Playground Experience *Waz Ashayer Vincent Ruiz*

TUESDAY

7:00-7:45 RF *	Pilates Reform (Premium) *Valeria Rivadeneira*
7:00-8:00 PG *	PGX: Playground Experience *Christopher Howard Bryan Cortes Figueroa*
8:15-9:00 RF *	Pilates Reform (Premium) *Christopher Howard*
12:00-12:45 RF *	Pilates Reform (Premium) *Leah Distelhorst*
5:30-6:15 RF *	Pilates Reform (Premium) *Rose Kotopka*
5:30-6:30 PG *	PGX: Playground Experience *Kyle O'Brien Amanda Butler*
6:30-7:15 TR *	Precision Run® *Kyle O'Brien*

WEDNESDAY

7:15-8:00 TR *	Precision Run® *Lara P.*
9:15-10:00 RF *	Pilates Reform (Premium) *Adele Carlson*
12:30-1:30 PG *	PGX: Playground Experience *Andrew Slane Amanda Butler*
4:00-4:45 RF *	Pilates Reform (Premium) *Lilly Joergensen*
5:30-6:15 RF *	Pilates Reform (Premium) *Inez Galvez*
6:00-7:00 PG *	PGX: Playground Experience *Gerren Liles Avery Royal*

THURSDAY

7:00-7:45 RF *	Pilates Reform (Premium) *Valeria Rivadeneira*
7:00-8:00 PG *	PGX: Playground Experience *Melissa Chisholm Bryan Cortes Figueroa*
8:15-9:00 RF *	Pilates Reform (Premium) *Chinonso Achilike*
12:30-1:15 RF *	Pilates Reform (Premium) *Leah Distelhorst*
5:30-6:15 RF *	Pilates Reform (Premium) *Rose Kotopka*
5:30-6:30 PG *	PGX: Playground Experience *Or Artzi KaRa Dizon*

FRIDAY

9:00-9:45 RF *	Pilates Reform (Premium) *Sharon Livardo*
11:00-11:45 RF *	Pilates Reform (Premium) *Christopher Howard*
12:30-1:30 PG *	PGX: Playground Experience *Christopher Howard Melissa Chisholm*
1:00-1:45 RF *	Pilates Reform (Premium) *Becca Szkutak*
5:00-6:00 PG *	PGX: Playground Experience *Jwara Jones Alish Guluzada*
5:15-6:00 RF *	Pilates Reform (Premium) *Talia Schwartz*

SATURDAY

9:00-9:45 RF *	Pilates Reform (Premium) *Sharon Livardo*
9:00-9:45 TR *	Precision Run® *Melissa Chisholm*
10:00-11:00 PG *	PGX: Playground Experience *Melissa Chisholm Bryan Cortes Figueroa*
11:00-11:45 RF *	Pilates Reform (Premium) *Gillian Popino*

SUNDAY

11:00-11:45 RF *	Pilates Reform (Premium) *Gillian Popino*
11:00-12:00 PG *	PGX: Playground Experience *Kaelee Albritton Avery Royal*
4:00-5:00 PG *	PGX: Playground Experience *Avery Royal Alish Guluzada*

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

EQUINOX

TERMINAL WAREHOUSE

261 11th Avenue

NEW YORK NY 10001

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 08:00 PM

GROUP FITNESS MANAGER

amanda.palma@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

TR Treadmill Area

PG The Playground

RF Reformer Studio

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

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.

HIIT

PGX: Playground Experience Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and more. An Equinox exclusive.

Pilates

Pilates Reform A Pilates workout that increases strength, improves flexibility and connects movements to your core, using the Pilates Reformer. This class combines dynamic but controlled movements using spring-based resistance for a balanced full body workout.