EQUINOX

DARTMOUTH STREET

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 MS *	MetCon Monday *Richard G*
7:30-8:15 YS *	**Barefoot Sculpt** ***Liza Levy***
9:30-10:15 MS *	Stronger *Samantha Boulay*
10:30-11:15 YS *	**Barefoot Sculpt: The Ring** ***Jae Pukma***
12:00-12:50 YS *	Pilates Rise *Alexandra Wheelock*
12:15-1:00 MS *	Tabata Max *Samantha Boulay*
4:00-5:00 YS *	Vinyasa Yoga *Emma Hogan*
5:30-6:15 MS *	Body Sculpt *Ricki Kalayci*
5:30-6:15 YS *	Pilates Fusion *Olivia Florence*
5:45-6:30 CS *	Beats Ride *Katelyn Quinlan*
6:15-7:00 TR *	**Precision Run®** ***Philip White***
6:30-7:15 MS *	**Athletic Conditioning** ***Claire Ganzenmuller***
6:30-7:15 YS *	True Barre: Off the Barre *Ricki Kalayci*

TUESDAY

6:15-7:00 MS *	Athletic Conditioning *George Dossas*
6:30-7:15 YS *	Barefoot Sculpt: The Ring *Cheryl Geiser*
7:15-8:00 MS *	Stronger *George Dossas*
7:30-8:15 YS *	Pilates Fusion *Ricki Kalayci*
9:30-10:30 YS *	**Vinyasa Yoga** ***Caroline Pfeifer***
12:00-12:45 YS *	Barefoot Sculpt *Mackenzie Lafond*
12:15-1:00 MS *	Stronger *Samantha Boulay*
4:00-4:45 YS *	Pilates Fusion *Melissa Jalali*
5:30-6:15 MS *	**Leg Day** ***Stasi Bohajian***
5:30-6:15 YS *	**True Barre: Off the Barre** ***Melissa Jalali***
5:45-6:30 CS *	Beats Ride *Mahmoud Saleh*
6:15-7:00 BR *	Rounds: Boxing *Rod Shivers*
6:15-7:00 TR *	**Precision Run®** ***Danielle Potemri***
6:30-7:15 MS *	Stacked *Richard G*
6:30-7:30 YS *	**Power Vinyasa** ***Natalie Wannamaker***

WEDNESDAY

6:30-7:15 YS *	Pilates Fusion *Melissa Jalali*
6:45-7:30 MS *	**Stronger** ***Lynzie Luschenat***
7:30-8:15 YS *	True Barre: Off the Barre *Melissa Jalali*
8:30-9:15 MS *	**Body Sculpt** ***Chico Huggins***
10:30-11:15 YS *	Barefoot Sculpt *Ellie Gonyeau*
12:00-12:45 YS *	Pilates Fusion *Ellie Gonyeau*
12:15-1:00 MS *	**Tabata Max** ***Emily Southworth***
4:00-4:45 YS *	Pilates Fusion *Olivia Florence*
5:15-6:00 BR *	Rounds: Boxing *Marissa Best*
5:30-6:15 MS *	Core6 *Chico Huggins*
5:30-6:15 YS *	True Barre: Off the Barre *Mackenzie Lafond*
5:45-6:30 CS *	**Beats Ride** ***Mia Hemme***
6:15-7:00 TR *	**Precision Run®** ***Marissa Best***
6:30-7:30 YS *	Vinyasa Yoga *Michael Alba*
6:45-7:30 MS *	Cardio Dance: Zumba® *David Quiroga Gomez*

THURSDAY

6:15-7:00 MS *	**Stacked** ***George Dossas***
6:30-7:15 YS *	**Sunrise Vinyasa Yoga** ***Therlande Louissaint***
7:15-8:00 MS *	Athletic Conditioning *George Dossas*
7:30-8:15 YS *	Barefoot Sculpt *Rachel Uliss*
9:30-10:15 YS *	**Pilates Fusion** ***Maryanne Blake***
12:00-12:45 YS *	True Barre: Off the Barre *Melissa Jalali*
12:15-1:05 MS *	**Ropes and Rowers** ***Samantha Boulay***
4:00-5:00 YS *	Vinyasa Yoga *Natalie Wannamaker*
5:30-6:15 MS *	MetCon3 *Chico Huggins*
5:30-6:15 YS *	True Barre: Off the Barre *Mackenzie Lafond*
6:30-7:15 MS *	**Cardio Dance: Zumba®** ***Kyle Lamprecht***
6:30-7:15 YS *	Barefoot Sculpt *Zoe Sundra*

FRIDAY

7:30-8:20 YS *	Power Vinyasa *Allie Cabrera*
8:30-9:15 MS *	Stronger *Chico Huggins*
9:15-10:15 YS *	Vinyasa Yoga *Jené Nappi*
9:30-10:15 MS *	Body Sculpt *Jae Pukma*
10:30-11:15 YS *	Barefoot Sculpt: The Ring *Jae Pukma*
12:00-12:45 YS *	**Pilates Fusion** ***Emma Hogan***
12:15-1:00 MS *	MetCon3 *Dimitra Moretto*
4:00-4:45 YS *	**Pilates Mat** ***Hannah Fillmore***
5:30-6:30 YS *	Vinyasa Yoga *Pat Donaher*

SATURDAY

9:00-9:45 MS *	Tabata Max *Samantha Boulay*
9:00-10:00 YS *	Vinyasa Yoga *Stephanie Lucero*
9:15-10:00 TR *	Precision Walk: Elevate *Jessica Lopez*
9:30-10:15 CS *	**Beats Ride** ***Katelyn Quinlan***
10:15-11:05 MS *	Ropes and Rowers *Samantha Boulay*
10:15-11:00 YS *	True Barre: Off the Barre *Melissa Jalali*
11:15-12:00 YS *	Pilates Fusion *Melissa Jalali*
11:30-12:15 MS *	Cardio Dance *Djenaba Reynolds*

SUNDAY

8:30-9:15 TR *	**Precision Run®** ***Jessica Lopez***
9:00-9:45 YS *	Pilates Fusion *Cheryl Geiser*
9:15-10:00 BR *	Rounds: Boxing *Rod Shivers*
9:30-10:15 CS *	Beats Ride *Nicole Roach*
10:00-10:45 MS *	**MetCon3** ***Ash Herron***
10:30-11:30 YS *	Vinyasa Yoga *Ryan Connolly*
12:15-1:00 YS *	True Barre: Off the Barre *Cheryl Geiser*
4:00-5:00 YS *	**Weekend Wind Down Yoga** ***Pat Donaher***

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

EQUINOX

DARTMOUTH STREET

131 Dartmouth Street

BOSTON MA 02116

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SUN 09:00 AM 01:00 PM

GROUP FITNESS MANAGER

samantha.boulay@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

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

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.
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.

Barre

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.

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.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.
Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

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.

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

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.
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.
Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

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.

Strength

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.