

EQUNOX

FRANKLIN STREET

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00 Barefoot Sculpt YS * Kristy DiScipio	6:15-7:05 Pilates Rise YS * Mollie O'Brien	6:15-7:00 True Barre: Off the Barre YS * Jae Pukma	6:30-7:15 Stronger MS * Ann Sheehan	6:15-7:00 Pilates Fusion YS * Mollie O'Brien	8:30-9:15 Barefoot Sculpt YS * Ally Enos
6:30-7:15 MetCon Monday MS * Jae Pukma	6:30-7:15 Tabata Max MS * Ann Sheehan	6:30-7:15 Beats Ride CS * Ashley Riccio	7:20-8:05 Pilates Fusion YS * Mollie O'Brien	7:15-8:00 Stronger MS * Ann Sheehan	9:00-9:30 Precision Run 30 TR * Austin Sa
7:20-8:05 True Barre: Off the Barre YS * Jae Pukma	6:45-7:30 Beats Ride CS * Nicole Roach	6:30-7:15 MetCon3 MS * Ciara McManus	7:30-8:15 Stacked MS * Austin Sa	7:20-8:05 Barefoot Sculpt YS * Austin Sa	9:30-10:15 Pilates Fusion YS * Jolene Cairns
7:30-8:15 Precision Run® <u>Courtney Mitchell</u>	7:20-8:05 Barefoot Sculpt YS * Hannah Hoffman	7:20-8:05 Barefoot Sculpt YS * Zoe Sundra	12:05-12:50 True Barre: Bala Bangle YS * Leia Hockstein	12:05-12:55 Vinyasa Yoga YS * Natalie Wannamaker	9:45-10:30 Stronger MS * Austin Sa
12:05-12:50 Pilates Mat <u>Team Equinox</u>	7:30-8:15 Stronger <u>Chico Huggins</u>	7:30-8:15 Core6 MS * Lynzie Luschenat	12:15-1:00 Stronger MS * Emily Southworth	12:15-1:00 MetCon3 MS * Ann Sheehan	10:45-11:30 Core6 <u>Marissa Best</u>
12:15-1:00 Core6 MS * Ann Sheehan	12:05-12:50 True Barre: Bala Bangle YS * Brenna Oliver	12:05-12:55 Slow Flow Yoga YS * Jessica Lopez	4:15-5:00 Pilates Fusion YS * Jolene Cairns	4:15-5:00 Stronger MS * Chico Huggins	11:00-12:00 Vinyasa Yoga YS * Todd Skoglund
4:30-5:15 Barefoot Sculpt YS * Alaina Chmielinski	12:15-1:00 Stronger MS * Jackson Williams	4:30-5:15 True Barre: Bala Bangle YS * Kristy DiScipio	4:30-5:20 Precision Run® TR * Austin Sa	4:15-5:00 Pilates Fusion YS * Team Equinox	
5:30-6:15 Beats Ride CS * Austin Sa	4:30-5:15 True Barre: Off the Barre YS * Zoe Sundra	5:30-6:20 Stronger MS * Jessica Marcarelli	5:30-6:15 Rounds: Boxing BR * Angel Santos	5:15-6:00 Barefoot Sculpt YS * Mackenzie Lafond	
5:30-6:20 Whipped! MS * Ciara McManus	5:15-6:05 Precision Run® TR * Austin Sa	5:30-6:15 Pilates Fusion YS * Ally Enos	5:30-6:15 Stacked MS * Austin Sa		
5:30-6:15 True Barre: Off the Barre YS * Ally Enos	5:30-6:15 Rounds: Boxing BR * Angel Santos	5:45-6:30 Beats Ride CS * Kristy DiScipio	5:30-6:30 Power Vinyasa YS * Emily Burdett		
6:25-7:15 Precision Run® TR * Ciara McManus	5:30-6:20 Athletic Conditioning MS * Mike Flynn	6:30-7:30 Vinyasa Yoga YS * Jessica Marcarelli			
6:30-7:15 Stronger MS * Ann Sheehan	5:30-6:30 Power Vinyasa YS * Michael Alba				
6:30-7:30 Power Vinyasa YS * Juli Sample	6:25-6:55 Best Abs Ever MS * Mike Flynn				

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

EQUINOX

FRANKLIN STREET

225 Franklin Street

BOSTON MA 02110

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 08:00 PM

SAT 08:00 AM 02:00 PM

GROUP FITNESS MANAGER

ann.sheehan@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.

Running

Precision Run 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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

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.

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.

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 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.

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

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.

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 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.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.