EQUINOX **FRANKLIN 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

6:15-7:00 YS *	Barefoot Sculpt *Rachel Uliss*
6:30-7:15 MS *	MetCon Monday *Jae Pukma*
7:20-8:05 YS *	Pilates Fusion *Brayden Kraiss*
12:15-1:00 YS *	Barefoot Sculpt *Ann Sheehan*
4:30-5:15 YS *	**Pilates Fusion *Zoe Sundra***
5:30-6:15 CS *	**Beats Ride *Raphael Anthony***
5:30-6:20 MS *	Whipped! *Ciara McManus*
5:30-6:15 YS *	**Barefoot Sculpt: The Ring *Shannen Moen***
6:30-7:15 MS *	Stronger *Ann Sheehan*
6:30-7:15 YS *	**Barefoot Sculpt *Rafael Tua-Caraccia***

TUESDAY

6:15-7:05 YS *	Pilates Rise *Mollie O'Brien*
6:30-7:15 MS *	Tabata Max *Ann Sheehan*
7:20-8:05 YS *	Barefoot Sculpt *Hannah Hoffman*
7:30-8:15 MS *	Stronger *Chico Huggins*
12:15-12:45 MS *	**Leg Day 30 *Haley Schmich***
12:45-1:15 MS *	**Upper Body Pump *Haley Schmich***
4:30-5:15 YS *	**Pilates Mat *Hannah Fillmore***
5:15-6:00 TR *	**Precision Run® *Ciara McManus***
5:30-6:15 BR *	Rounds: Boxing *Angel Santos*
5:30-6:20 MS *	Athletic Conditioning *Mike Flynn*
5:30-6:15 YS *	Barefoot Sculpt *Mackenzie Lafond*
6:30-7:30 YS *	Power Vinyasa *Sharon Henzler*

WEDNESDAY

6:15-7:00 YS *	**True Barre: Bala Bangle *Mackenzie Lafond***
6:30-7:15 CS *	**Beats Ride *Raphael Anthony***
6:30-7:15 MS *	MetCon3 *Ciara McManus*
7:20-8:05 YS *	**Barefoot Sculpt: The Ring *Zoe Sundra***
12:15-1:00 YS *	Pilates Mat *Emma Hogan*
4:30-5:15 YS *	Barefoot Sculpt *Jessica Marcarelli*
5:30-6:20 MS *	Stronger *Jessica Marcarelli*
5:30-6:15 YS *	Pilates Fusion *Jess Murphy*
6:30-7:15 MS *	**Body Sculpt *Haley Schmich***
6:30-7:30 YS *	Vinyasa Yoga *Andrew Rigoglioso*

THURSDAY

6:15-7:00 YS *	Barefoot Sculpt *Mollie O'Brien*
6:30-7:15 MS *	Stronger *Ann Sheehan*
7:20-8:05 YS *	Pilates Fusion *Mollie O'Brien*
7:30-8:15 MS *	Body Sculpt *Jessica Marcarelli*
12:15-1:00 MS *	Stronger *Ann Sheehan*
4:30-5:15 YS *	**Pilates Fusion *Emma Hogan***
5:30-6:15 BR *	Rounds: Boxing *Angel Santos*
5:30-6:20 MS *	**Switch Up: Run + Strength *Mike Flynn Ciara McManus***
5:30-6:30 YS *	Power Vinyasa *Emily Burdett*
6:30-7:00 YS *	Meditation *Emily Burdett*

FRIDAY

6:15-7:00 YS *	**Pilates Fusion *Hannah Fillmore***
7:15-8:00 MS *	Stronger *Ann Sheehan*
7:20-8:05 YS *	Barefoot Sculpt: The Ring *Hannah Hoffman*
12:15-1:05 YS *	Vinyasa Yoga *Natalie Wannamaker*
4:15-5:00 MS *	Stronger *Chico Huggins*
4:30-5:15 YS *	**Barefoot Sculpt: The Ring *Mackenzie Lafond***
5:30-6:15 YS *	Pilates Mat *Colleen O'Dell*

SATURDAY

8:45-9:30 YS *	True Barre: Bala Bangle *Melissa Jalali*
9:00-9:45 MS *	**Stronger *Chico Huggins***
9:45-10:30 YS *	**Pilates Fusion *Hannah Fillmore***
10:00-10:45 BR *	Rounds: Boxing *Angel Santos*
11:00-12:00 YS *	Vinyasa Yoga *Todd Skoglund*

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.

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.

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.

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.

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.

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.

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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

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.

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.

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.

Regeneration

Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

Strength

Leg Day 30 Thirty minutes of 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.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.