EQUINOX **TYSONS CORNER**

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

6:00-6:45 MS *	MetCon Monday *Nic Pileri*
7:00-7:45 YS *	Pilates Mat *Maggie Gormley*
8:00-8:45 MS *	Stronger *Jeanne Slade*
9:45-10:30 YS *	Pilates Fusion *Jeanne Slade*
11:15-11:45 MS *	Upper Body Pump *Veronika Batyan*
11:45-12:00 MS *	Best Abs Ever *Veronika Batyan*
12:15-1:00 YS *	True Barre: Bala Bangle *Veronika Batyan*
4:45-5:35 YS *	Power Vinyasa *Saumya Mangalick*
5:00-5:45 MS *	Body Sculpt *Madeline Peterson*
5:45-6:30 YS *	True Barre *Sarah Nesbit*
6:00-6:45 MS *	Stacked *Saumya Mangalick*
6:45-7:45 YS *	Yin Yoga + Sound Meditation *Taylor Husereau*

TUESDAY

6:00-6:45 MS *	Athletic Conditioning *Nic Pileri*
7:00-7:45 CS *	Beats Ride *Nic Pileri*
8:00-8:45 YS *	**Vinyasa Yoga** ***Joyce Melamed-Berger***
9:45-10:30 MS *	Body Sculpt *Veronika Batyan*
11:15-12:00 YS *	Pilates Fusion *Veronika Batyan*
12:00-12:50 MS *	Stronger *Jen Auchterlonie*
12:15-1:00 YS *	Barefoot Sculpt: The Ring *Megan McCarthy*
4:45-5:30 YS *	Pilates Fusion *Molly Govern*
5:30-6:15 CS *	Beats Ride *Nic Pileri*
5:45-6:35 TR *	Precision Run® *Justin Pham*
5:45-6:30 YS *	True Barre *Jenna Rathe*
6:30-7:15 MS *	MetCon3 *Nic Pileri*
6:45-7:45 YS *	Power Vinyasa *Ava Ataee*

WEDNESDAY

6:00-6:45 MS *	Core6 *Sabrina Benmira*
7:00-7:45 YS *	Barefoot Sculpt: The Ring *Jeanne Slade*
8:00-8:45 MS *	Stacked *Jeanne Slade*
9:45-10:30 YS *	Pilates Mat *Maggie Gormley*
11:15-12:00 MS *	Body Sculpt *Nic Pileri*
12:15-1:15 YS *	Vinyasa Yoga *Carolyn Weininger*
4:45-5:30 YS *	Power Vinyasa *Ana Al-Atrash*
5:00-5:30 MS *	**Leg Day 30** ***Jen Auchterlonie***
5:30-5:45 MS *	**Upper Body Pump** ***Jen Auchterlonie***
5:45-6:30 YS *	Pilates Rise *Carolyn Weininger*
6:00-6:50 MS *	Ropes and Rowers *Jen Auchterlonie*
6:45-7:30 YS *	Best Stretch Ever *Rita Ramos*

THURSDAY

6:00-6:50 TR *	Precision Walk: Elevate *Jen Auchterlonie*
7:00-7:45 MS *	**MetCon3** ***Jen Auchterlonie***
8:00-8:45 YS *	**True Barre: Bala Bangle** ***Mary Love***
9:45-10:30 MS *	Athletic Conditioning *Jen Auchterlonie*
11:15-12:00 YS *	True Barre *Molly Govern*
12:00-12:45 MS *	MetCon3 *Manal Maarouf*
12:15-1:15 YS *	Vinyasa Yoga *Lisa Ai*
4:45-5:30 YS *	Pilates Fusion *Carolyn Weininger*
5:30-6:15 CS *	Beats Ride *Manuel Medrano*
5:45-6:30 YS *	**Power Vinyasa** ***Taylor Husereau***
6:30-7:15 MS *	Core6 *Manal Maarouf*
6:45-7:45 YS *	**Yin Yoga + Sound Meditation** ***Taylor Husereau***

FRIDAY

7:00-7:45 CS *	Beats Ride *Cindy Ford*
8:00-8:50 MS *	Stronger *Justin Pham*
9:00-9:45 YS *	Pilates Fusion *Mike Gray*
10:00-10:50 TR *	**Precision Walk: Elevate** ***Justin Pham***
10:00-10:45 YS *	True Barre: Cardio *Mike Gray*
11:15-12:15 YS *	Vinyasa Yoga *Lisa Ai*
12:15-1:00 MS *	Stacked *Madeline Peterson*
4:30-5:15 YS *	Pilates Mat *Carolyn Weininger*
5:15-6:00 MS *	Body Sculpt *Megan McCarthy*
5:30-6:15 YS *	**Best Stretch Ever** ***Carolyn Weininger***

SATURDAY

8:30-9:15 MS *	Stacked *Sabrina Benmira*
8:45-9:30 YS *	Pilates Fusion *Molly Govern*
9:15-10:00 CS *	Beats Ride *Eliazar Chacha*
9:30-10:15 MS *	Tabata Max *Jen Auchterlonie*
9:45-10:45 YS *	Power Vinyasa *Ava Ataee*
10:30-11:30 MS *	Switch Up: Run + Strength *Jen Auchterlonie Nic Pileri*
11:15-12:00 YS *	**Barefoot Sculpt** ***Madeline Mucciolo***
11:45-12:30 MS *	Rounds: Boxing *Amish Darr*
12:15-1:15 YS *	Sculpted Yoga™ *Isabel Lee*
1:30-2:30 YS *	Yin Yoga + Sound Meditation *Zach Holubowski*

SUNDAY

8:45-9:30 YS *	True Barre: Bala Bangle *Emma Swain*
9:15-10:00 MS *	MetCon3 *Gia-Ninh Chuang*
9:45-10:30 YS *	Pilates Fusion *Emma Swain*
10:00-10:45 CS *	Beats Ride *Cindy Ford*
10:15-11:05 TR *	Precision Walk: Elevate *Gia-Ninh Chuang*
10:45-11:45 YS *	Vinyasa Yoga *Carolyn Weininger*
3:30-4:30 YS *	Weekend Wind Down Yoga *Rita Ramos*
4:45-5:30 YS *	Meditation *Ana Al-Atrash*

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

EQUINOX

TYSONS CORNER

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VIENNA VA 22182

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

nic.pileri@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

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.
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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.
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

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.
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.

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.
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.
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.

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.