EQUINOX

SPORTS CLUB WASHINGTON D.C.

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	MS *	**MetCon Monday** ***Jack Kanterman***
7:00-7:45	YS *	**Pilates Fusion** ***Team Equinox***
7:15-8:00	MS *	**Stronger** ***Kevin St-Fort***
9:15-10:00	YS *	Pilates Fusion *Jessica Mahler*
9:30-10:30	PD *	Hydro Sculpt *Marsha Hawkins*
10:30-11:15	YS *	True Barre *Megan McCarthy*
11:30-12:15	CS *	Beats Ride *Mary-Carmen Webb*
12:15-1:00	YS *	Pilates Mat (L1) *Meri Jones*
12:30-1:15	MS *	Athletic Conditioning *Mary-Carmen Webb*
4:30-5:15	MS *	**Tabata Max** ***Jason Vanterpool***
5:00-5:45	YS *	Pilates Rise *Stephen Murray*
5:30-6:15	MS *	Cardio Dance *Gabriel Sanchez*
5:30-6:20	TR *	Precision Run + Strength *Jen Auchterlonie*
5:45-6:30	CS *	Beats Ride *Janelle Tibayan*
6:00-6:45	YS *	Barefoot Sculpt *Rachel Canteri*
6:30-7:15	MS *	MetCon Monday *Jen Auchterlonie*
7:00-8:00	YS *	**Yin Yoga + Sound Meditation** ***CJ Hunter***

TUESDAY

6:00-6:30	MS *	**Core6 Express** ***Olivia Speno***
6:30-6:45	MS *	**Upper Body Pump** ***Olivia Speno***
6:30-7:15	YS *	True Barre *Madeline Mucciolo*
6:45-7:30	CS *	Beats Ride *Maggie Goodhall*
7:00-7:45	MS *	Best Butt Ever *Adair Pounds*
7:30-8:15	YS *	Barefoot Sculpt *Rachel Canteri*
9:15-10:00	YS *	**Barefoot Sculpt: The Ring** ***Emmanuella St. Juste***
10:30-11:20	YS *	Pilates Mat (L2) *Mike Gray*
11:30-12:15	YS *	Best Stretch Ever *Jes Howard*
12:30-1:15	MS *	MetCon3 *Jes Howard*
12:30-1:15	YS *	True Barre: Cardio *Mike Gray*
4:30-5:15	YS *	True Barre: Bala Bangle *Mike Gray*
5:00-5:50	MS *	Stronger Women *Emmanuella St. Juste*
5:30-6:15	CS *	Beats Ride *Amy Hilton*
5:30-6:30	YS *	Vinyasa Yoga *Chris Reber*
6:00-6:45	MS *	Body Sculpt *Madeline Peterson*
6:00-6:50	TR *	Precision Walk: Elevate + Strength *Javier Martinez*
6:30-7:30	PD *	Hydro Sculpt *Marsha Hawkins*
6:45-7:30	YS *	Pilates Fusion *Emmanuella St. Juste*
7:00-7:45	MS *	Rounds: Boxing *Evelyn Lugo*

WEDNESDAY

6:00-6:45	MS *	**Stronger** ***Allan Rodas***
6:45-7:30	CS *	Beats Ride *Megan Rustum*
7:00-7:45	YS *	Pilates Mat *Maggie Gormley*
7:15-8:05	MS *	**Ropes and Rowers** ***Emmanuella St. Juste***
9:15-10:15	YS *	Vinyasa Yoga *Natalie Clark*
9:30-10:30	PD *	Hydro Sculpt *Marsha Hawkins*
10:30-11:15	YS *	True Barre: Bala Bangle *Emma Swain*
12:15-1:00	YS *	Pilates Rise *Meri Jones*
12:30-1:15	MS *	Circuit Training *Jason Vanterpool*
4:30-5:15	MS *	Leg Day *Justin Pham*
5:00-5:45	YS *	Barefoot Sculpt: The Ring *Megan McCarthy*
5:30-6:15	MS *	**Cardio Dance** ***Erick Ruiz***
5:30-6:20	TR *	Precision Run® *Mona Garcia*
5:45-6:30	CS *	Beats Ride *Justin Pham*
6:00-6:45	YS *	Best Stretch Ever *Mario Austin*
6:30-7:15	MS *	Best Butt Ever *Allan Rodas*
7:00-8:00	YS *	Restorative Yoga *Mario Austin*

THURSDAY

6:00-6:30	MS *	**Quick HIIT** ***Team Equinox***
6:30-6:45	MS *	**Best Abs Ever** ***Team Equinox***
6:30-7:15	YS *	Pilates Fusion *Amy Hilton*
6:45-7:30	CS *	Beats Ride *Eliazar Chacha*
7:00-7:45	MS *	Stacked *Jill Laptosky*
7:30-8:15	YS *	True Barre: Bala Bangle *Emma Swain*
9:15-10:00	YS *	Barefoot Sculpt *Madeline Peterson*
10:30-11:20	YS *	Pilates Mat *Mike Gray*
11:30-12:15	YS *	Best Stretch Ever *Mike Gray*
12:30-1:15	MS *	Rounds: Boxing *Kareem Cooper*
12:30-1:15	YS *	**True Barre: Bala Bangle** ***Mary Love***
4:30-5:15	YS *	Pilates Mat *Emma Silverman*
5:00-5:45	MS *	Stacked *Saumya Mangalick*
5:30-6:15	CS *	Beats Ride *Mary-Carmen Webb*
5:30-6:30	YS *	Power Vinyasa *Isabel Lee*
6:00-6:50	MS *	**Stronger** ***Team Equinox***
6:30-7:15	PD *	Swim: Skills + Drills *Rachel Clark*
6:45-7:30	YS *	True Barre *Mary-Carmen Webb*

FRIDAY

6:15-7:00	MS *	**Core6** ***Olivia Speno***
7:00-7:45	YS *	Pilates Rise *Emma Swain*
7:15-8:00	MS *	**Athletic Conditioning** ***Burns Foster***
9:15-10:15	YS *	Vinyasa Yoga *Chris Reber*
10:30-11:15	YS *	True Barre: Off the Barre *Stephen Murray*
11:30-12:15	CS *	Beats Ride *Eliazar Chacha*
12:15-1:00	YS *	Pilates Fusion *Emma Swain*
12:30-1:15	MS *	Leg Day *Brianne Anderson*
4:30-5:00	MS *	Upper Body Pump *Allan Rodas*
5:00-5:15	MS *	Best Abs Ever *Allan Rodas*
5:00-5:45	YS *	Pilates Mat *Carl Aull*
5:30-6:15	MS *	Circuit Training *Allan Rodas*
6:00-7:00	YS *	Gentle Yoga *Mario Austin*
6:30-7:15	MS *	Cardio Dance *Erick Ruiz*

SATURDAY

8:30-9:15	YS *	Pilates Rise *Francesca Skedros*
9:15-10:00	MS *	Core6 *Olivia Speno*
9:30-10:30	PD *	Hydro Sculpt *Marsha Hawkins*
9:30-10:15	YS *	True Barre: Off the Barre *Mike Gray*
10:00-10:45	CS *	Beats Ride *Amy Hilton*
10:15-11:00	MS *	Athletic Conditioning *Olivia Speno*
10:30-11:15	YS *	Pilates Mat *Mike Gray*
11:00-11:50	TR *	Precision Run + Strength *Emmanuella St. Juste*
11:15-12:00	MS *	Rounds: Pro *Kareem Cooper*
11:30-12:15	YS *	Best Stretch Ever *Mario Austin*
12:15-1:05	MS *	Stronger *Kareem Cooper*
12:30-1:30	YS *	Vinyasa Yoga *Chris Reber*
2:00-2:45	MS *	MetCon3 *Justin Pham*
3:00-3:45	YS *	Pilates Fusion *Alissa Wilmina*
4:00-5:00	YS *	Yin Yoga + Sound Meditation *Alissa Wilmina*

SUNDAY

9:00-9:45	YS *	Barefoot Sculpt: The Ring *Megan McCarthy*
9:30-10:15	MS *	Stacked *Jill Laptosky*
9:30-10:15	PD *	Swim: Basics *Rachel Clark*
10:00-11:00	YS *	**Vinyasa Yoga** ***Chelsea Estevez***
10:30-11:15	MS *	Best Butt Ever *Allan Rodas*
11:00-11:45	CS *	Beats Ride *Rachel Clark*
11:15-12:00	YS *	Pilates Fusion *Emma Swain*
11:30-12:15	MS *	Cardio Dance *Gabriel Sanchez*
12:00-12:45	PD *	Swim: Skills + Drills *Rachel Clark*
12:15-1:15	YS *	Sculpted Yoga™ *Chelsea Estevez*
2:00-2:45	MS *	Body Sculpt *Cameron Beach*
3:00-3:45	YS *	True Barre *Madeline Mucciolo*
4:00-5:00	YS *	Weekend Wind Down Yoga *Mimi Rieger*

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

EQUINOX

SPORTS CLUB WASHINGTON D.C.

1170 22nd St NW

WASHINGTON DC 20037

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

GROUP FITNESS MANAGER

emmanuella.stjustehill@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
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.
Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
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.
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.

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.
Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. 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.

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.
Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.
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.
Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all. 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 + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.
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 + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body 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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

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.

Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.
Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.
Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

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.