EQUINOX

SOUTH BEACH

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

7:30-8:15 MS *	Body Sculpt *Robin Retherford*
8:30-9:15 CS *	SoulCycle at EQX *Zoe*
8:30-9:20 YS *	True Barre *Amber Immordino*
9:15-10:00 MS *	MetCon Monday *Alex Barreto*
9:30-10:15 CS *	SoulCycle at EQX *Kitty*
10:00-10:45 YS *	Pilates Fusion *Katalin Axmann*
10:45-11:30 MS *	Studio Dance: Latin Rhythms *Jonathan Lara Castillo*
11:00-11:45 TR *	Precision Walk: Elevate *Carol Alvarez*
12:00-12:45 MS *	Leg Day *Carol Alvarez*
12:45-1:45 YS *	Restorative Yoga *Lauren James*
5:30-6:15 MS *	Rounds: Boxing *PJ Venturino*
6:00-6:45 YS *	True Barre: Bala Bangle *Robin Retherford*
6:30-7:15 MS *	Stronger *Matt Devanney*
7:15-8:15 YS *	Power Vinyasa *Emilia Garth*

TUESDAY

7:15-8:00 MS *	Stacked *Aurelio Figari*
8:15-9:00 YS *	Pilates Fusion *Carol Alvarez*
8:30-9:15 CS *	SoulCycle at EQX *Reed*
9:15-10:00 MS *	Body Sculpt *Nikki Cucurullo*
9:30-10:15 CS *	SoulCycle at EQX *Rachel*
11:00-11:50 YS *	True Barre *Araceli Kaba*
12:00-12:45 MS *	Athletic Conditioning *Darryl Crosier*
12:45-1:45 YS *	Vinyasa Yoga *Emilia Garth*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Carol Alvarez*
5:30-6:15 MS *	Best Butt Ever *Taliah Mekki*
5:30-6:15 YS *	Pilates Mat *Andrew Blake Ames*
6:15-6:45 MS *	Best Abs Ever *Taliah Mekki*
6:15-7:00 TR *	Precision Walk: Elevate *Carol Alvarez*
7:00-7:45 MS *	Cardio Boxing *Lauren Kaplan*
7:00-8:00 YS *	Vinyasa Yoga *Shanti*

WEDNESDAY

7:15-8:00 YS *	Sculpted Yoga™ *Angela Spagna*
8:30-9:15 CS *	SoulCycle at EQX *Zoe*
8:30-9:30 YS *	Vinyasa Yoga *Shanti*
9:15-10:00 MS *	Athletic Conditioning *Matt Devanney*
9:30-10:15 CS *	SoulCycle at EQX *Kitty*
10:00-10:50 YS *	Pilates at the Barre *Carol Alvarez*
10:45-11:30 MS *	Studio Dance: Latin Rhythms (L2) *Jonathan Lara Castillo*
11:00-11:45 TR *	Precision Run® *Rachel Morales*
12:00-12:50 MS *	Stronger *Rachel Morales*
12:30-1:15 YS *	Pilates Mat *Natalie Rivera*
5:30-6:15 MS *	MetCon3 *Rustin Scarbrough*
6:00-6:50 YS *	True Barre *Amber Immordino*
6:30-7:15 MS *	Leg Day *Taylor Wright Nikki Cucurullo*
7:15-8:15 YS *	Hatha Yoga *Emilia Garth*

THURSDAY

7:15-8:00 MS *	Athletic Conditioning *Martin Mitchel*
8:15-9:00 YS *	Barefoot Sculpt: The Ring *Nikki Cucurullo*
8:30-9:15 CS *	SoulCycle at EQX *Reed*
9:15-10:00 MS *	MetCon3 *Stephanie Castro*
9:30-10:15 CS *	SoulCycle at EQX *Rachel*
11:00-11:50 YS *	True Barre *Araceli Kaba*
12:00-12:45 MS *	Stacked *Nikki Cucurullo*
12:45-1:45 YS *	Restorative Yoga *Emilia Garth*
4:30-5:15 YS *	Pilates Rise *Katalin Axmann*
5:30-6:15 MS *	Best Butt Ever *Nas Analouei*
6:15-6:45 MS *	Best Abs Ever *Nas Analouei*
6:15-7:00 TR *	Precision Run + Strength *Dominik Snopkowski*
7:00-8:00 YS *	Yin Yoga *Rachel Lynn*

FRIDAY

7:30-8:15 MS *	Stronger *Robin Retherford*
8:30-9:15 CS *	SoulCycle at EQX *Vynnessa*
8:30-9:30 YS *	Vinyasa Yoga *Shakti Reyna*
9:15-10:00 MS *	Studio Dance: Latin Rhythms *Jonathan Lara Castillo*
9:30-10:15 CS *	SoulCycle at EQX *Allison*
10:00-10:50 YS *	True Barre *Amber Immordino*
10:30-11:15 CS *	SoulCycle at EQX *Reed*
10:30-11:15 MS *	Rounds: Boxing *PJ Venturino*
12:00-12:45 MS *	MetCon3 *Amber Roach*
1:00-1:45 YS *	Best Stretch Ever *Amber Roach*
5:00-5:45 YS *	Pilates Mat *Christina Specos*
6:00-6:45 MS *	Stacked *KC Della-Fera*
6:00-7:00 YS *	Yin Yoga + Sound Meditation *Katalin Axmann*

SATURDAY

8:30-9:15 CS *	SoulCycle at EQX *Reed*
9:00-9:45 YS *	True Barre: Bala Bangle *Robin Retherford*
9:15-10:00 MS *	MetCon3 *PJ Venturino*
9:30-10:30 CS *	SoulSurvivor at EQX *Rachel*
10:15-11:15 YS *	Vinyasa Yoga *Shanti*
10:30-11:15 MS *	Best Butt Ever *Nikki Cucurullo*
10:45-11:30 CS *	SoulCycle at EQX *Kitty*
11:30-12:15 MS *	Studio Dance: Latin Rhythms *Martin Mitchel*
11:30-12:15 YS *	Best Stretch Ever *Katalin Axmann*
3:00-4:00 YS *	Restorative Yoga *Shakti Reyna*
4:15-5:00 YS *	Sonic Meditation *Shakti Reyna*

SUNDAY

8:30-9:15 CS *	SoulCycle at EQX *Rachel Lane*
9:15-10:00 MS *	Stronger *Alex Barreto*
9:30-10:30 CS *	SoulSurvivor at EQX *Allison*
10:30-11:15 MS *	Ropes and Rowers *Alex Barreto*
10:30-11:15 YS *	True Barre: Bala Bangle *Amber Immordino*
10:45-11:30 CS *	SoulCycle at EQX *Reed*
10:45-11:30 TR *	Precision Run® *Noah Pantaleon*
11:30-12:30 YS *	Vinyasa Yoga *Alex Barreto*
11:45-12:30 MS *	Rounds: Boxing *Noah Pantaleon*
4:00-5:00 YS *	**Weekend Wind Down Yoga** ***Lauren James***

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

EQUINOX

SOUTH BEACH

520 Collins Avenue

MIAMI BEACH FL 33139

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

nikki.cucurulloperez@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

SoulCycle at EQX Exclusively at Equinox Santa Monica and South Beach. This signature 45-minute full-body indoor cycling workout includes high-intensity cardio, muscle-sculpting strength training, and rhythm-based choreography. But it's so much more than just a workout - it's a powerful mind-body experience. Cycling shoes required. Complimentary pairs available at the SoulCycle front desk. Pedals are compatible with SPD and Look Delta clips.
SoulSurvivor at EQX Exclusively at Equinox Santa Monica and South Beach. A 60-minute version of SoulCycle's signature class, with time for an extended warm-up, even more cardio, and a longer cool-down. Same great SOUL, just more of it. Cycling shoes required. Complimentary pairs available at the SoulCycle front desk. Pedals are compatible with SPD and Look Delta clips.

Yoga

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.
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.

Dance

Studio Dance: Latin Rhythms A choreography-driven dance class using the Latin dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Boxing

Cardio Boxing Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.
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.

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.
Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

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 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.
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.

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.

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.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Sculpt

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.