

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon Monday <i>Taylor Wright</i>	6:00-6:45 MS * Stacked <i>Liz Butler</i>	6:00-6:45 MS * Rounds: Boxing <i>Aurelio Figari</i>	6:00-6:45 MS * Athletic Conditioning <i>Tony Thomas</i>	6:00-6:45 MS * Stronger <i>Matt Devanney</i>	8:30-9:15 YS * True Barre <i>Natalie Rivera</i>	9:15-10:00 CS * Beats Ride <i>Cathy Medina</i>
7:00-7:45 MS * Body Sculpt <i>Alex Barreto</i>	7:00-7:50 YS * Pilates at the Barre <i>Natalie Rivera</i>	7:00-7:45 MS * Tabata Max <i>Rachel Dugan</i>	7:00-7:45 YS * True Barre <i>Natalie Rivera</i>	7:00-7:45 MS * Rounds: Boxing <i>Aurelio Figari</i>	9:15-10:15 CS * Beats Ride 60 <i>Amber Roach</i>	9:30-10:15 MS * Stronger <i>Matt Devanney</i>
8:15-9:00 TR * Precision Walk: Elevate <i>Shanti</i>	7:30-8:15 MS * Athletic Conditioning <i>Tony Thomas</i>	8:15-9:00 TR * Precision Walk: Elevate <i>Rachel Dugan</i>	7:30-8:15 MS * Cardio Sculpt <i>Tony Thomas</i>	9:15-10:00 MS * Best Butt Ever <i>Aurelio Figari</i>	9:30-10:15 MS * Body Sculpt <i>Liz Butler</i>	9:30-10:15 YS * Pilates Mat <i>Penny Needle</i>
9:15-10:00 MS * Best Butt Ever <i>Liz Butler</i>	8:15-8:30 MS * Best Abs Ever <i>Tony Thomas</i>	9:15-10:00 MS * Stacked <i>Rachel Dugan</i>	8:15-8:30 MS * Best Abs Ever <i>Tony Thomas</i>	9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	9:30-10:30 YS * Hatha Yoga <i>Steven Herbst</i>	10:30-11:15 MS * Body Sculpt <i>Dominik Snopkowski</i>
9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	8:30-9:00 TR * Precision Run 30 <i>Rachel Dugan</i>	9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	8:30-9:00 TR * Precision Run 30 <i>Amber Roach</i>	10:15-11:00 CS * Beats Ride <i>Robin Retherford</i>	10:30-11:15 CS * Beats Ride <i>Liz Butler</i>	10:30-11:45 YS * Vinyasa Yoga <i>Penny Needle</i>
10:15-11:00 CS * Beats Ride <i>Liz Butler</i>	9:15-10:05 MS * 360 Strength <i>Rachel Dugan</i>	10:15-11:00 CS * Beats Ride <i>Nikki Cucurullo</i>	9:15-10:00 MS * Stronger <i>Amber Roach</i>	10:30-11:15 MS * Feel Good Friday: Studio Dance Martin Mitchel	10:30-11:15 MS * Best Butt Ever <i>Amber Roach</i>	11:15-11:45 MS * Best Abs Ever <i>Dominik Snopkowski</i>
10:30-11:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	9:15-10:15 YS * True Barre <i>Lainee Sargent</i>	10:30-11:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	9:15-10:05 YS * True Barre <i>Amber Immordino</i>	10:30-11:15 YS * Pilates Mat <i>Penny Needle</i>	10:45-11:45 YS * Pilates Mat <i>Penny Needle</i>	12:30-1:15 MS * Studio Dance: Latin Rhythms <i>Boris Garrido</i>
11:15-12:00 YS * True Barre <i>Natalie Rivera</i>	10:15-11:00 CS * Beats Ride <i>Rachel Dugan</i>	11:15-12:00 YS * Pilates at the Barre <i>Justine Ayala</i>	10:15-11:00 CS * Beats Ride <i>Amber Roach</i>	12:15-1:00 MS * Body Sculpt <i>Taliah Mekki</i>	11:30-12:15 MS * Rounds: Boxing <i>Danny Lauchaire</i>	3:30-4:15 YS * Yin Yoga <i>Linda Pedrosa</i>
12:15-1:00 MS * Stacked <i>Amber Roach</i>	10:30-11:30 YS * Power Vinyasa <i>Javier Lopez</i>	12:15-12:45 MS * Upper Body Pump <i>Amber Roach</i>	10:30-11:30 YS * Vinyasa Yoga <i>Javier Lopez</i>	12:15-1:00 YS * True Barre <i>Alicia Weihl</i>	11:30-12:15 TR * Precision Walk: Elevate <i>Amber Roach</i>	4:30-5:15 YS * Sonic Meditation <i>Noah Pantaleon</i>
12:15-1:00 YS * Pilates Mat <i>Natalie Rivera</i>	11:15-12:00 MS * Stronger <i>Matt Devanney</i>	12:45-1:15 MS * Best Abs Ever <i>Amber Roach</i>	11:15-12:00 MS * Cardio Sculpt <i>Robin Retherford</i>	1:00-1:30 MS * Best Abs Ever <i>Taliah Mekki</i>	12:00-1:15 YS * Power Vinyasa <i>Javier Lopez</i>	
1:00-1:30 MS * Best Abs Ever <i>Amber Roach</i>	12:15-1:00 MS * Body Sculpt <i>Liz Butler</i>	5:30-6:15 MS * MetCon3 <i>Alex Barreto</i>	12:15-1:00 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	5:30-6:30 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	12:30-1:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	
5:30-6:15 CS * Beats Ride <i>Cathy Medina</i>	5:30-6:15 MS * Athletic Conditioning <i>Tony Thomas</i>	5:45-6:30 YS * Best Stretch Ever <i>Danny Lauchaire</i>	5:30-6:15 MS * Body Sculpt <i>Nikki Cucurullo</i>	5:45-6:30 YS * Restorative Yoga <i>Shanti</i>		
5:30-6:15 MS * Stronger <i>Danny Lauchaire</i>	5:45-6:30 YS * True Barre <i>Natalie Rivera</i>	6:45-7:30 MS * Rounds: Boxing <i>Danny Lauchaire</i>	5:45-6:30 YS * Pilates Fusion <i>Natalie Rivera</i>	6:45-7:30 YS * Sonic Meditation <i>Shanti</i>		
5:45-6:30 YS * Pilates Fusion <i>Jill Deviscour</i>	6:30-7:15 CS * Beats Ride <i>Candace Storch</i>	6:45-7:30 YS * Pilates at the Barre <i>Alicia Weihl</i>	6:30-7:15 CS * Beats Ride <i>Kevin Duran</i>			
6:45-7:35 MS * 360 Strength <i>Amber Roach</i>	6:30-7:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>	7:45-8:30 YS * Hatha Yoga <i>Danny Lauchaire</i>	6:30-7:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>			
6:45-7:30 YS * Yin Yoga <i>Steven Herbst</i>	6:45-7:45 YS * Vinyasa Yoga <i>Javier Lopez</i>		6:45-7:45 YS * Vinyasa Yoga <i>Javier Lopez</i>			
7:45-8:30 YS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	7:30-8:00 MS * Best Butt Ever <i>Darryl Crosier</i>					
7:45-8:30 YS * Sonic Meditation <i>Steven Herbst</i>	8:00-8:30 MS * Upper Body Pump <i>Darryl Crosier</i>					

EQUINOX

CORAL GABLES

The Village of Merrick Park at 370
San Lorenzo Avenue

CORAL GABLES FL 33146

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

liz.butler@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.

Beats Ride 60 An extended rhythmic cycling class so you can ride those extra miles to 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 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.



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.

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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.



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.

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.



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.



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 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.



Dance

Feel Good Friday: Studio Dance Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

Studio Dance: Groove House Created by Rodrigo Gallardo, this cardio dance workout runs the spectrum from Latin Ballroom Style to Modern Pop Moves and everything in between. Mi casa es su casa! In this house, everyone is welcome!

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

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.



Sculpt

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.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.



Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.

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.