

EQUINOX

CORAL GABLES

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time

* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MetCon Monday MS * Taylor Wright	6:00-6:45 Stacked MS * Liz Butler	6:00-6:45 Rounds: Boxing MS * Aurelio Figari	6:00-6:45 Athletic Conditioning MS * Tony Thomas	6:00-6:45 Beats Ride Aurelio Figari	8:30-9:15 True Barre YS * Natalie Rivera	8:30-9:15 Rounds: Boxing MS * Darryl Crosier
7:00-7:45 Body Sculpt MS * Alex Barreto	7:00-7:50 Pilates at the Barre YS * Natalie Rivera	7:00-7:45 Tabata Max MS * Rachel Dugan	7:00-7:45 True Barre YS * Natalie Rivera	7:00-7:45 Rounds: Boxing MS * Aurelio Figari	9:15-10:15 Beats Ride 60 MS * Amber Roach	9:15-10:00 Beats Ride Dominik Snopkowski
8:15-9:00 Precision Walk: Elevate TR * Shanti	7:30-8:15 Athletic Conditioning MS * Tony Thomas	8:15-9:00 Precision Walk: Elevate TR * Rachel Dugan	7:30-8:15 Cardio Sculpt MS * Tony Thomas	9:15-10:00 Best Butt Ever MS * Aurelio Figari	9:30-10:15 Body Sculpt Liz Butler	9:30-10:15 Stronger Matt Devaney
9:15-10:00 Best Butt Ever MS * Liz Butler	8:15-8:30 Best Abs Ever Tony Thomas	9:15-10:00 Stacked MS * Rachel Dugan	8:15-8:30 Best Abs Ever Tony Thomas	9:15-10:00 Vinyasa Yoga YS * Penny Needle	9:30-10:30 Hatha Yoga YS * Steven Herbst	9:30-10:15 Pilates Mat Penny Needle
9:15-10:15 Vinyasa Yoga YS * Penny Needle	8:30-9:00 Precision Run 30 TR * Rachel Dugan	9:15-10:15 Vinyasa Yoga YS * Penny Needle	8:30-9:00 Precision Run 30 TR * Amber Roach	10:15-11:00 Beats Ride CS * Amber Roach	10:30-11:15 Beats Ride Liz Butler	10:30-11:15 Body Sculpt Dominik Snopkowski
10:15-11:00 Beats Ride CS * Liz Butler	9:15-10:00 Core6 MS * Rachel Dugan	10:15-11:00 Beats Ride MS * Nikki Cucurullo	9:15-10:00 Stronger MS * Amber Roach	10:15-11:00 Pilates Mat YS * Penny Needle	10:30-11:15 Best Butt Ever MS * Amber Roach	10:30-11:45 Vinyasa Yoga YS * Penny Needle
10:30-11:15 Studio Dance: Groove House MS * <u>Rodrigo Gallardo</u>	9:15-10:15 True Barre YS * <u>Taliah Mekki</u>	11:15-12:00 Pilates at the Barre Taliah Mekki	9:15-10:05 True Barre YS * <u>Amber Immordino</u>	10:30-11:15 Feel Good Friday: Studio Dance <u>Rodrigo Gallardo</u>	11:15-11:30 Best Abs Ever MS * <u>Dominik Snopkowski</u>	
11:15-12:00 True Barre YS * Natalie Rivera	10:30-11:30 Power Vinyasa Javier Lopez	12:15-1:00 Rounds: Boxing Angel Alicea	10:30-11:30 Vinyasa Yoga Javier Lopez	11:15-12:00 True Barre: Bala Bangle YS * <u>Robin Retherford</u>	11:30-12:15 Precision Walk: Elevate TR * <u>Amber Roach</u>	
12:15-1:00 Stacked MS * Amber Roach	11:15-12:00 Stronger MS * Matt Devaney	12:15-1:00 Barefoot Sculpt Amber Roach	11:15-12:00 Body Sculpt MS * <u>Robin Retherford</u>	12:15-1:00 Body Sculpt MS * <u>Taliah Mekki</u>	12:00-12:45 Pilates Fusion YS * <u>Meera Lakhavani</u>	
12:15-1:00 Pilates Mat YS * Natalie Rivera	12:15-1:00 Body Sculpt MS * <u>Robin Retherford</u>	5:30-6:15 Pilates at the Barre Lauren Lampa	12:15-1:00 Studio Dance: Latin Rhythms (L2) MS * <u>Jonathan Lara Castillo</u>	5:30-6:30 Studio Dance: Latin Rhythms MS * <u>Jonathan Lara Castillo</u>	12:00-1:15 Power Vinyasa YS * <u>Javier Lopez</u>	12:30-1:15 Studio Dance: Latin Rhythms MS * <u>Boris Garrido</u>
5:30-6:15 Beats Ride CS * <u>Cathy Medina</u>	5:30-6:15 Athletic Conditioning MS * <u>Tony Thomas</u>	5:45-6:30 6:45-7:30 MS * <u>Alex Barreto</u>	5:30-6:15 Best Butt Ever MS * <u>Cathy Medina</u>	5:45-6:30 Restorative Yoga YS * <u>Shanti</u>	3:30-4:15 Yin Yoga YS * <u>Linda Pedrosa</u>	
5:45-6:30 Core6 MS * <u>Amber Roach</u>	5:45-6:30 True Barre YS * <u>Natalie Rivera</u>	6:45-7:30 Best Stretch Ever MS * <u>Alex Barreto</u>	5:45-6:30 Pilates Fusion YS * <u>Natalie Rivera</u>	6:45-7:30 Sonic Meditation YS * <u>Shanti</u>		
5:45-6:30 Pilates Fusion YS * <u>Jill Deviscour</u>	6:30-7:15 Beats Ride MS * <u>Kevin Duran</u>	7:45-8:30 Vinyasa Yoga Shanti	6:30-7:15 Beats Ride MS * <u>Cathy Medina</u>			
6:45-7:35 Whipped! MS * <u>Amber Roach</u>	6:30-7:15 Studio Dance: Groove House MS * <u>Rodrigo Gallardo</u>		6:30-7:15 Studio Dance: Groove House MS * <u>Rodrigo Gallardo</u>			
6:45-7:30 Yin Yoga YS * <u>Steven Herbst</u>	6:45-7:45 Vinyasa Yoga YS * <u>Javier Lopez</u>		6:45-7:45 Vinyasa Yoga YS * <u>Javier Lopez</u>			
7:45-8:30 Studio Dance: Latin Rhythms (L2) YS * <u>Jonathan Lara Castillo</u>	7:30-8:00 Upper Body Pump MS * <u>Darryl Crosier</u>					
7:45-8:30 Sonic Meditation YS * <u>Steven Herbst</u>	8:00-8:30 Best Abs Ever MS * <u>Darryl Crosier</u>					

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

EQUNOX

CORAL GABLES

The Village of Merrick Park at 370
San Lorenzo Avenue

CORAL GABLES FL 33146

EQUINOX.COM

@EQUINOX

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 + 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 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.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells 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.

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.

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.

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 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

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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

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.