EQUINOX **CORAL GABLES**

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 — *Alex Barreto*
7:00-7:45 MS * — Body Sculpt — *Alex Barreto*
8:15-9:00 TR * — Precision Walk: Elevate — *Shanti*
9:15-10:00 MS * — Best Butt Ever — *Liz Butler*
9:15-10:15 YS * — Pilates Fusion — *Penny Needle*
10:15-11:00 CS * — Beats Ride — *Nikki Cucurullo*
11:15-12:00 YS * — True Barre — *Natalie Rivera*
12:15-1:00 MS * — Leg Day — *Amber Roach*
12:15-1:00 YS * — Pilates Mat — *Natalie Rivera*
5:30-6:15 CS * — Beats Ride — *Cathy Medina*
5:45-6:30 MS * — Stronger — *Amber Roach*
6:00-6:45 YS * — **Power Vinyasa** — ***Jil Deviscour***
6:45-7:35 MS * — Whipped! — *Amber Roach*
7:00-7:45 YS * — **Sonic Meditation** — ***Matthew Mileo***
7:45-8:30 MS * — Studio Dance: Latin Rhythms (L2) — *Jonathan Lara Castillo*

TUESDAY

6:00-6:45 MS * — Stacked — *Liz Butler*
7:00-7:50 YS * — Pilates at the Barre — *Natalie Rivera*
7:15-7:30 MS * — Best Abs Ever — *Tony Thomas*
7:30-8:15 MS * — Athletic Conditioning — *Tony Thomas*
8:30-9:00 TR * — Precision Run 30 — *Rachel Dugan*
9:15-10:00 MS * — Stacked — *Rachel Dugan*
9:15-10:15 YS * — Barefoot Sculpt: The Ring — *Taliah Mekki*
10:15-11:00 CS * — Beats Ride — *Rachel Dugan*
10:30-11:30 YS * — Power Vinyasa — *Javier Lopez*
11:00-11:45 MS * — Stronger — *Matt Devanney*
11:45-12:00 MS * — Best Abs Ever — *Matt Devanney*
12:15-1:00 MS * — Body Sculpt — *Robin Retherford*
5:30-6:15 MS * — Leg Day — *Dominik Snopkowski*
5:45-6:30 YS * — True Barre — *Natalie Rivera*
6:30-7:15 MS * — Studio Dance: Groove House — *Rodrigo Gallardo*
6:30-7:15 TR * — Precision Walk: Elevate — *Dominik Snopkowski*
6:45-7:45 YS * — Vinyasa Yoga — *Javier Lopez*
7:30-8:00 MS * — Upper Body Pump — *Darryl Crosier*
8:00-8:30 MS * — Best Butt Ever — *Darryl Crosier*

WEDNESDAY

6:00-6:45 MS * — Rounds: Boxing — *Aurelio Figari*
7:00-7:45 MS * — Tabata Max — *Rachel Dugan*
8:15-9:00 TR * — Precision Walk: Elevate — *Rachel Dugan*
9:15-10:00 MS * — Body Sculpt — *Rachel Dugan*
9:15-10:15 YS * — Vinyasa Yoga — *Penny Needle*
10:30-11:15 MS * — Studio Dance: Groove House — *Rodrigo Gallardo*
11:15-12:00 YS * — Pilates at the Barre — *Taliah Mekki*
12:15-1:00 YS * — Barefoot Sculpt — *Amber Roach*
5:30-6:15 CS * — Beats Ride — *Stephanie Castro*
5:45-6:30 MS * — Stronger — *Alex Barreto*
6:00-6:45 YS * — Barefoot Sculpt: The Ring — *Lauren Lampa*
6:45-7:30 MS * — Athletic Conditioning — *Alex Barreto*
7:00-7:45 YS * — Best Stretch Ever — *Shanti*

THURSDAY

6:00-6:45 MS * — Athletic Conditioning — *Tony Thomas*
7:00-7:45 YS * — True Barre — *Natalie Rivera*
7:15-7:30 MS * — Best Abs Ever — *Tony Thomas*
7:30-8:15 MS * — Cardio Sculpt — *Tony Thomas*
8:30-9:00 TR * — Precision Run 30 — *Amber Roach*
9:15-10:00 MS * — Stronger — *Amber Roach*
9:15-10:05 YS * — True Barre — *Amber Immordino*
10:15-11:00 CS * — Beats Ride — *Amber Roach*
10:30-11:30 YS * — Vinyasa Yoga — *Javier Lopez*
11:00-11:30 MS * — Upper Body Pump — *Robin Retherford*
11:30-12:00 MS * — Best Abs Ever — *Robin Retherford*
12:15-1:00 MS * — Studio Dance: Latin Rhythms (L2) — *Jonathan Lara Castillo*
5:30-6:15 MS * — Body Sculpt — *Rachel Morales*
5:45-6:30 YS * — Pilates Fusion — *Natalie Rivera*
6:30-7:15 CS * — Beats Ride — *Rachel Morales*
6:30-7:15 MS * — Studio Dance: Groove House — *Rodrigo Gallardo*
6:45-7:45 YS * — Vinyasa Yoga — *Javier Lopez*

FRIDAY

6:00-6:50 FU * — Circuit Training — *Aurelio Figari*
7:00-7:45 MS * — Rounds: Boxing — *Aurelio Figari*
9:15-10:00 MS * — Leg Day — *Aurelio Figari*
9:15-10:00 YS * — Hatha Yoga — *Penny Needle*
10:15-11:00 CS * — Beats Ride — *Robin Retherford*
10:15-11:00 YS * — Pilates Mat — *Penny Needle*
10:30-11:15 MS * — Studio Dance: Groove House — *Rodrigo Gallardo*
11:15-12:00 YS * — True Barre: Bala Bangle — *Robin Retherford*
12:15-1:00 MS * — Body Sculpt — *Taliah Mekki*
5:30-6:30 MS * — **Cardio Dance: Zumba®** — ***Cathy Medina***
6:00-7:15 YS * — Restorative Yoga — *Shanti*

SATURDAY

8:30-9:15 YS * — True Barre — *Natalie Rivera*
9:15-10:15 CS * — Beats Ride 60 — *Amber Roach*
9:30-10:15 MS * — Body Sculpt — *Liz Butler*
9:30-10:30 YS * — Hatha Yoga — *Steven Herbst*
10:30-11:15 CS * — Beats Ride — *Liz Butler*
10:30-11:15 MS * — Best Butt Ever — *Amber Roach*
10:45-11:45 YS * — Pilates Mat — *Penny Needle*
11:30-12:15 MS * — Rounds: Boxing — *Team Equinox*
12:00-1:15 YS * — Power Vinyasa — *Javier Lopez*
12:30-1:15 MS * — Studio Dance: Groove House — *Rodrigo Gallardo*

SUNDAY

8:30-9:15 MS * — Rounds: Boxing — *Darryl Crosier*
9:30-10:15 MS * — Stronger — *Matt Devanney*
9:30-10:15 YS * — Pilates Mat — *Penny Needle*
10:30-11:15 MS * — Body Sculpt — *Dominik Snopkowski*
10:30-11:45 YS * — Vinyasa Yoga — *Penny Needle*
11:20-11:50 MS * — Core6 Express — *Dominik Snopkowski*
12:00-12:45 YS * — Best Stretch Ever — *Matthew Mileo*
12:30-1:30 MS * — Studio Dance: Latin Rhythms — *Boris Garrido*
3:30-4:45 YS * — Yin Yoga + Sound Meditation — *Linda Pedrosa*

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EQUINOX

CORAL GABLES

The Village of Merrick Park at 370 San Lorenzo Avenue

CORAL GABLES FL 33146

EQUINOX.COM

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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

FU Functional Floor

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.

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 + 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.

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.

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.
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.

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.

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 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.
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.

Dance

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.
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.

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.
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.