EQUINOX **AVENTURA**

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

6:30-7:15	MS *	Best Butt Ever *Darryl Crosier*
7:00-8:00	YS *	Vinyasa Yoga *Leonardo Moreno*
8:15-9:00	MS *	MetCon Monday *Darryl Crosier*
9:15-10:00	MS *	Stronger *Danny Lauchaire*
9:15-10:05	TR *	**Precision Walk: Elevate + Strength** ***Danny Lauchaire***
9:15-10:00	YS *	Pilates Fusion *Rachel Dugan*
10:15-11:00	CS *	Beats Ride *Suzanne L. Witrock*
10:15-11:00	MS *	Body Sculpt *Rachel Dugan*
11:00-12:00	YS *	Power Vinyasa *Javier Lopez*
12:00-12:45	MS *	Leg Day *Rachel Dugan*
12:00-12:50	TR *	**Precision Run®** ***Rachel Dugan***
12:15-1:15	YS *	Best Stretch Ever *Elissa Barbach*
5:30-6:00	MS *	Upper Body Pump *Dominik Snopkowski*
5:45-6:35	TR *	**Precision Walk: Elevate** ***Danny Lauchaire***
6:00-6:45	YS *	Pilates Fusion *Linda Pedrosa*
6:15-7:00	CS *	Beats Ride *Dominik Snopkowski*
6:15-7:00	MS *	Rounds: Boxing *Danny Lauchaire*
7:00-8:00	YS *	Power Vinyasa *Linda Pedrosa*
7:15-8:00	MS *	**Stronger** ***Dominik Snopkowski***
7:15-8:05	TR *	**Precision Run + Strength** ***Dominik Snopkowski***

TUESDAY

6:30-7:20	TR *	Precision Walk: Elevate *Dominik Snopkowski*
8:15-9:00	MS *	Body Sculpt *Dominik Snopkowski*
8:15-9:00	YS *	**Pilates at the Barre** ***Dominik Snopkowski***
9:15-10:00	MS *	Stacked *Wilber Escobar*
9:15-10:05	TR *	Precision Run + Strength *Dominik Snopkowski*
10:15-11:00	YS *	Pilates Fusion *Suzanne L. Witrock*
10:30-11:30	MS *	Cardio Dance *Boris Garrido*
11:15-12:05	TR *	Precision Walk: Elevate *Suzanne L. Witrock*
11:30-12:30	YS *	Athletic Stretch *Elissa Barbach*
11:45-12:30	MS *	Best Butt Ever *Danny Lauchaire*
6:00-7:00	YS *	Sculpted Yoga™ *Danny Lauchaire*
6:15-7:00	MS *	Body Sculpt *Emmanuel Griffin*
7:15-8:00	TR *	Precision Walk: Elevate *Danny Lauchaire*
7:15-8:00	YS *	True Barre *Natalie Barmucha*

WEDNESDAY

6:30-7:15	MS *	**Body Sculpt** ***Rachel Morales***
7:00-8:00	YS *	Vinyasa Yoga *Javier Lopez*
8:15-9:00	MS *	**Stronger** ***Rachel Morales***
9:15-10:00	MS *	MetCon3 *Darryl Crosier*
9:15-10:00	YS *	**Pilates Fusion** ***Natalie Barmucha***
10:15-11:00	CS *	Beats Ride *Robin Retherford*
10:15-11:00	MS *	Best Butt Ever *Darryl Crosier*
11:15-12:00	YS *	True Barre: Off the Barre *Robin Retherford*
12:00-12:45	MS *	**Athletic Conditioning** ***Stephanie Castro***
12:15-1:15	YS *	**Best Stretch Ever** ***Elissa Barbach***
5:30-6:00	MS *	Best Abs Ever *Rachel Morales*
6:00-7:00	YS *	Power Vinyasa *Omar Ananías*
6:15-7:00	CS *	Beats Ride *Rachel Morales*
6:15-7:00	MS *	Stronger *Darryl Crosier*
7:15-8:00	MS *	Rounds: Kickboxing *Darryl Crosier*
7:15-8:30	YS *	Yin Yoga + Sound Meditation *Omar Ananías*

THURSDAY

6:30-7:20	TR *	Precision Walk: Elevate + Strength *Luis Weber*
8:15-9:00	MS *	Best Butt Ever *Taliah Mekki*
9:15-10:00	MS *	Body Sculpt *Taliah Mekki*
9:15-10:05	TR *	Precision Run® *Suzanne L. Witrock*
10:15-11:00	YS *	Barefoot Sculpt *Suzanne L. Witrock*
10:30-11:15	MS *	Rounds: Boxing *Danny Lauchaire*
11:15-12:05	TR *	Precision Walk: Elevate *Suzanne L. Witrock*
11:30-12:30	YS *	**Vinyasa Yoga** ***Tazz Carter***
11:45-12:30	MS *	Stronger *Danny Lauchaire*
6:00-6:45	YS *	Barefoot Sculpt: The Ring *Natalie Barmucha*
6:15-7:00	MS *	Cardio Dance *Boris Garrido*
7:15-8:00	MS *	MetCon3 *Emmanuel Griffin*
7:15-8:15	YS *	Power Vinyasa *Tazz Carter*

FRIDAY

8:00-8:50	TR *	Precision Walk: Elevate + Strength *Danny Lauchaire*
8:45-9:45	YS *	Power Vinyasa *Angela Spagna*
9:15-10:00	MS *	Core6 *Danny Lauchaire*
9:15-10:05	TR *	**Precision Run®** ***Danny Lauchaire***
10:00-10:45	YS *	Pilates Fusion *Eli Palermo*
10:15-11:15	CS *	Endurance Ride 60 *Hugo Gatjens*
10:30-11:30	MS *	Cardio Dance *Boris Garrido*
11:00-11:45	YS *	**Athletic Stretch** ***Eli Palermo***
12:00-12:45	MS *	MetCon3 *Angela Spagna*
5:30-6:15	YS *	Pilates Fusion *Linda Pedrosa*
6:30-7:15	MS *	Stronger *Emmanuel Griffin*
6:30-7:30	YS *	Slow Flow Yoga *Linda Pedrosa*

SATURDAY

9:00-9:45	CS *	Beats Ride *Aurelio Figari*
9:00-9:50	TR *	**Precision Walk: Elevate** ***Danny Lauchaire***
9:00-9:45	YS *	True Barre: Off the Barre *Wilber Escobar*
9:15-10:00	MS *	MetCon3 *Danny Lauchaire*
10:00-10:50	TR *	Precision Run® *Aurelio Figari*
10:00-10:45	YS *	Pilates Fusion *Linda Pedrosa*
10:15-11:00	MS *	Cardio Sculpt *Wilber Escobar*
11:00-12:00	YS *	Vinyasa Yoga *Danny Lauchaire*
11:15-12:00	MS *	Leg Day *Aurelio Figari*
12:15-1:15	YS *	Yin Yoga Meditation *Omar Ananías*
1:30-2:30	YS *	Sound Meditation *Omar Ananías*

SUNDAY

9:00-9:45	YS *	Barefoot Sculpt: The Ring *Robin Retherford*
10:00-10:45	MS *	Body Sculpt *Robin Retherford*
10:00-11:00	YS *	Vinyasa Yoga *Matthew Mileo*
10:30-11:30	CS *	**Endurance Ride 60** ***Hugo Gatjens***
11:15-12:00	MS *	Stronger *Phillip Hawes*
11:15-12:15	YS *	Athletic Stretch *Elissa Barbach*
12:15-1:00	MS *	Rounds: Boxing *Phillip Hawes*
4:00-5:00	YS *	Weekend Wind Down Yoga *Elissa Barbach*

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

EQUINOX

AVENTURA

19501 Biscayne Blvd. (Aventura Mall)

AVENTURA FL 33180

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

danny.lauchaire@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.
Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

Yoga

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.
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.
Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.
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.
Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. 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: 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 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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
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.
Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

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.
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.
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.
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.

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.

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: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.