

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Best Butt Ever Darryl Crosier	6:30-7:15 CS * Beats Ride Stephanie Clayton	6:30-7:15 MS * Stronger Emmanuel Griffin	6:30-7:15 CS * Beats Ride Angel Alicea	6:30-7:15 MS * Body Sculpt Carol Alvarez	9:00-9:45 CS * Precision Ride Angel Alicea	9:00-9:45 YS * True Barre: Bala Bangle Robin Retherford
7:00-7:45 YS * True Barre: Cardio Wilber Escobar	8:00-8:45 MS * Body Sculpt Dominik Snopkowski	7:00-8:00 YS * Vinyasa Yoga Javier Lopez	8:00-8:45 MS * Best Butt Ever Taliah Mekki	8:15-9:00 MS * Rounds: Boxing Miguel Garcia	9:00-9:45 YS * True Barre: Off the Barre Wilber Escobar	10:00-10:45 MS * Body Sculpt Robin Retherford
8:15-9:00 MS * Rounds: Boxing Darryl Crosier	8:45-9:45 YS * Vinyasa Yoga Omri Kleinberger	8:15-9:00 YS * Pilates Mat Pauline Case	8:45-9:45 YS * Vinyasa Yoga Linda Pedrosa	8:15-9:00 YS * True Barre: Off the Barre Carol Alvarez	9:15-10:00 MS * Whipped! Danny Lauchaire	11:00-11:45 MS * Stronger Phillip Hawes
9:15-10:00 MS * Stronger Danny Lauchaire	9:15-10:00 MS * MetCon3 Phillip Hawes	9:15-10:00 MS * Athletic Conditioning Darryl Crosier	9:15-10:00 MS * Body Sculpt Taliah Mekki	9:15-10:00 MS * Core6 Danny Lauchaire	10:00-10:50 TR * Precision Run@ Angel Alicea	11:00-12:00 YS * Athletic Stretch Elissa Barbach
9:15-10:00 YS * Pilates Fusion Rachel Dugan	9:15-10:00 TR * Precision Run + Strength Angel Alicea	10:00-10:45 CS * Beats Ride Stephanie Clayton	9:15-10:00 TR * Precision Run + Strength Justine Ayala	9:45-10:30 YS * Pilates Fusion Pauline Case	10:00-10:45 YS * Pilates Fusion Linda Pedrosa	
10:00-10:45 CS * Beats Ride Suzanne L. Witrock	10:00-10:45 YS * Pilates Fusion Suzanne L. Witrock	10:15-11:00 MS * Best Butt Ever Darryl Crosier	10:00-10:45 YS * Barefoot Sculpt Suzanne L. Witrock	10:00-10:45 CS * Beats Ride Hugo Gatjens	10:15-11:00 MS * Cardio Dance Wilber Escobar	12:00-12:45 MS * Rounds: Boxing Phillip Hawes
10:15-11:00 MS * Body Sculpt Rachel Dugan	10:30-11:30 MS * Studio Dance: Contemporary Boris Garrido	11:15-12:00 YS * True Barre: Off the Barre Pauline Case	10:15-11:00 MS * Stronger Justine Ayala	10:30-11:30 MS * Cardio Dance Boris Garrido	11:00-12:00 YS * Vinyasa Yoga Danny Lauchaire	4:00-5:00 YS * Weekend Wind Down Yoga Elissa Barbach
10:30-11:30 YS * Power Vinyasa Javier Lopez		12:15-1:00 MS * Stronger Danny Lauchaire	12:00-1:00 YS * Slow Flow Yoga Tazz Carter	10:45-11:45 YS * Sculpted Yoga™ Danny Lauchaire	11:15-12:00 MS * Stronger Angel Alicea	
12:00-1:00 YS * Athletic Stretch Elissa Barbach	12:00-1:00 YS * Vinyasa Yoga Linda Pedrosa	12:15-1:15 YS * Hatha Yoga Pauline Case	12:15-1:00 MS * Stacked Angel Alicea	12:00-1:00 YS * Athletic Stretch Elissa Barbach	12:15-1:15 YS * Yin Yoga Meditation Omar Ananias	
12:15-1:00 MS * Core6 Rachel Dugan	12:15-1:00 MS * Best Butt Ever Angel Alicea			12:15-1:00 MS * Athletic Conditioning Phillip Hawes	1:30-2:30 YS * Sound Meditation Omar Ananias	
5:30-6:00 MS * Best Abs Ever Danny Lauchaire	6:00-7:00 YS * Sculpted Yoga™ Danny Lauchaire	6:00-6:50 YS * Pilates Rise Carol Alvarez	6:00-6:45 YS * Barefoot Sculpt Dominik Snopkowski	5:30-6:00 MS * Best Abs Ever Dominik Snopkowski		
6:00-6:45 YS * Pilates Fusion Linda Pedrosa	6:15-7:00 MS * Rounds: Boxing Emmanuel Griffin	6:15-7:00 MS * Stronger Angel Alicea	6:15-7:00 MS * Cardio Dance Boris Garrido	6:15-7:00 MS * Body Sculpt Dominik Snopkowski		
6:15-7:00 CS * Beats Ride Stephanie Clayton	6:30-7:15 CS * Beats Ride Hugo Gatjens	7:00-8:00 YS * Vinyasa Yoga Omar Ananias	7:00-8:00 YS * Power Vinyasa Tazz Carter	6:30-7:30 YS * Slow Flow Yoga Linda Pedrosa		
6:15-7:00 MS * Athletic Conditioning Danny Lauchaire	7:10-8:00 TR * Precision Walk: Elevate Danny Lauchaire	7:15-8:00 MS * Rounds: Kickboxing Angel Alicea	7:15-8:00 MS * MetCon3 Emmanuel Griffin			
7:00-8:00 YS * Power Vinyasa Linda Pedrosa	7:15-8:00 MS * Stacked Emmanuel Griffin					
7:15-8:00 MS * Stronger Phillip Hawes	7:15-8:00 YS * True Barre Araceli Kaba					
8:15-9:00 YS * Sonic Meditation Linda Pedrosa						

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FRI 05:30 AM 09:00 PM
SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER
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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.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

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.

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.
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 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.

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.
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.
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.
True Barre: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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 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.

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.
Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

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.

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.
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.
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.

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.

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.