

# EQUNOX

BRICKELL

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 Athletic Conditioning MS * Emmanuel Griffin	6:00-6:45 Beats Ride CS * Nikki Cucurullo	6:15-7:00 Stronger MS * Matt Devanney	6:00-6:45 Beats Ride CS * Liz Butler	6:00-6:45 MetCon3 MS * Darryl Crosier	8:30-9:15 Whipped! MS * Rachel Dugan	8:45-9:30 True Barre YS * Amber Immordino
7:00-7:45 MetCon Monday MS * Matt Devanney	6:15-7:00 Stacked MS * Nas Analouei	7:00-7:45 Rounds: Boxing BR * Angel Alicea	7:00-7:45 Stronger MS * Liz Butler	7:00-7:45 Rounds: Boxing Darryl Crosier	9:00-10:00 Pilates Fusion BR * Paul Richardson	9:00-9:45 Rounds: Boxing Angel Alicea
7:00-7:50 Pilates at the Barre YS * Carol Alvarez	7:00-8:00 Vinyasa Yoga YS * Papa Guru	7:30-8:15 Beats Ride CS * Amber Roach	8:15-9:00 True Barre: Bala Bangle YS * Robin Rutherford	7:00-7:45 Barefoot Sculpt Robin Rutherford	9:30-10:15 Beats Ride CS * Justine Ayala	9:00-9:45 Beats Ride CS * KC Della-Fera
7:30-8:15 Beats Ride CS * Meera Lakhavani	7:15-8:00 Body Sculpt Nikki Cucurullo	7:45-8:15 Best Abs Ever BR * Angel Alicea	9:15-10:05 Pilates at the Barre Lauren Lampia	7:30-8:15 Beats Ride CS * Rachel Morales	9:45-10:30 Body Sculpt MS * Rachel Dugan	9:45-10:15 Best Abs Ever BR * Angel Alicea
8:30-9:15 Stronger MS * Nas Analouei	8:15-9:00 True Barre Amber Immordino	8:30-9:15 Best Butt Ever Amber Roach	9:45-10:30 Beats Ride Dominic Manfredi	8:30-9:15 Core6 MS * Rachel Morales	10:45-11:30 Beats Ride CS * Dominic Manfredi	10:00-10:50 Precision Run® TR * JP Shami
9:30-10:20 Body Sculpt MS * Amber Roach	8:30-9:15 Beats Ride Robin Rutherford	8:30-9:15 Pilates Fusion Lauren Lampia	10:30-11:30 Slow Flow Yoga Paul Richardson	8:30-9:15 Pilates Fusion Rachel Dugan	10:45-11:30 Stronger MS * Alex Barreto	10:00-11:00 Vinyasa Yoga YS * Steven Herbst
10:15-11:00 Pilates Mat YS * Paul Richardson	9:15-10:00 Athletic Conditioning MS * Alex Barreto	9:30-10:15 Body Sculpt Liz Butler	10:45-11:30 MetCon3 MS * Rachel Dugan	9:30-10:15 Stronger MS * Rachel Dugan	11:00-11:45 Rounds: Boxing BR *	10:30-11:15 Best Butt Ever MS * Carol Alvarez
10:30-11:00 Beats Ride 30 CS * Amber Roach	9:30-10:15 Pilates Mat Sue Spinelli	10:45-11:30 Athletic Conditioning Rachel Dugan	12:00-12:50 True Barre YS * Amber Immordino	9:30-10:15 Studio Dance: Latin Rhythms (L2) Jonathan Lara Castillo	11:45-12:30 Best Stretch Ever MS * Alex Barreto	11:15-12:15 Hatha Yoga YS * Steven Herbst
11:15-12:15 Restorative Yoga YS * Emilia Garth	10:30-11:30 Strength and Stillness Yoga Steven Herbst	11:00-12:00 Restorative Yoga Linda Pedrosa	12:15-1:00 Body Sculpt MS * Andrew Blake Ames	10:30-11:00 Beats Ride 30 MS * Rachel Dugan	11:45-12:30 True Barre: Bala Bangle MS * Robin Rutherford	11:20-11:50 Best Abs Ever MS * Carol Alvarez
12:15-1:00 Stacked MS * Andrew Blake Ames	10:45-11:30 Core6 Amber Roach	12:15-1:00 MetCon3 MS * PJ Venturino	12:15-1:00 True Barre: Cardio MS * Carol Alvarez	11:00-12:00 Yin Yoga Papa Guru	12:45-1:45 Studio Dance: Latin Rhythms Boris Garrido	12:15-1:00 Athletic Conditioning MS * Darryl Crosier
5:30-6:15 Stronger MS * Emmanuel Griffin	12:00-12:50 True Barre: Bala Bangle Amber Immordino	12:15-1:00 Vinyasa Yoga Steven Herbst	5:30-6:30 Pilates Rise MS * Natalie Rivera	12:15-1:00 Athletic Conditioning MS * Darryl Crosier	1:00-1:50 Pilates Rise YS * Carol Alvarez	4:45-5:30 Sonic Meditation YS * Shakti Reyna
5:45-6:45 Power Vinyasa YS * Javier Lopez	12:15-1:00 Limited Series: Stronger Women Rachel Dugan	5:30-6:20 360 Strength MS * Amber Roach	6:15-7:00 Rounds: Boxing BR * Aurelio Figari	12:15-1:15 Pilates Mat MS * Natalie Rivera	3:45-4:45 Vinyasa Yoga Javier Lopez	3:30-4:30 Yin Yoga YS * Shakti Reyna
6:00-6:45 Beats Ride CS * Dominic Manfredi	4:45-5:30 Studio Dance: Latin Rhythms MS * Jonathan Lara Castillo	5:30-6:30 Vinyasa Yoga YS * Javier Lopez	6:45-7:30 Body Sculpt MS * Nicole Ramos	5:00-5:45 Pilates Fusion YS * Jil Deviscour		
6:30-7:15 Rhythmic Sculpt MS * Andrew Blake Ames	4:45-5:30 Studio Dance: Latin Rhythms MS * Jonathan Lara Castillo	6:00-6:45 Beats Ride CS * Natalie Rivera	7:00-7:45 Sonic Meditation YS * Natalie Rivera	5:30-6:15 Rounds: Kickboxing MS * Darryl Crosier		
6:45-7:30 Rounds: Boxing BR * Emmanuel Griffin	5:30-6:15 Barefoot Sculpt Amber Roach	6:45-7:30 Vinyasa Yoga MS * Amber Roach	6:45-7:30 Whipped! Matt Devanney	6:00-7:00 Vinyasa Yoga (L2) YS * Jil Deviscour		
7:00-8:00 Vinyasa Yoga YS * Javier Lopez	5:45-6:30 Stacked MS * Alex Barreto	6:45-7:30 True Barre MS * Natalie Rivera	7:45-8:30 Studio Dance: Latin Rhythms MS * Martin Mitchel			
7:30-8:00 Best Butt Ever MS * Angel Alicea	6:00-6:45 Rounds: Boxing BR * Darryl Crosier	7:45-8:30 Studio Dance: Latin Rhythms MS * Martin Mitchel				
8:00-8:30 Best Abs Ever MS * Angel Alicea	6:30-7:20 Anthem Ride CS * Amber Roach					
	6:30-7:20 Precision Run® TR * Matt Devanney					
	6:30-7:45 Yin Yoga Meditation YS * Steven Herbst					
	6:45-7:30 Stronger MS * Alex Barreto					
	7:45-8:30 Best Stretch Ever MS * Alex Barreto					

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## BRICKELL

1441 Brickell Avenue #4

MIAMI FL 33131

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 11:00 PM

FRI 05:00 AM 10:00 PM

SAT-SUN 07:00 AM 08:00 PM

## GROUP FITNESS MANAGER

dominic.manfredi@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**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 30** Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

## Running

**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.

## 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.

**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.

**Strength and Stillness Yoga** A practice that balances dynamic vinyasa with deep recovery, taught by Steven Herbst. Build strength, increase flexibility, and find mental clarity in this transformative practice.

**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.

**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.

**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.

**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 Bangles** 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.

## 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.

**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

**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.

**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

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

## 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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.