EQUINOX

**BRICKELL**

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 * — Athletic Conditioning — *Emmanuel Griffin*
7:00-7:45 MS * — MetCon Monday — *Matt Devanney*
7:00-7:45 YS * — Pilates Fusion — *Carol Alvarez*
8:30-9:15 MS * — Stronger — *Nas Analouei*
9:30-10:15 MS * — Body Sculpt — *Amber Roach*
10:15-11:00 YS * — Pilates Mat — *Paul Richardson*
10:30-11:00 CS * — Beats Ride 30 — *Amber Roach*

11:15-12:15 YS * — Restorative Yoga — *Emilia Garth*
12:15-1:00 MS * — Stacked — *Andrew Blake Ames*

5:30-6:15 MS * — Athletic Conditioning — *Emmanuel Griffin*
5:45-6:45 YS * — Power Vinyasa — *Javier Lopez*
6:00-6:45 CS * — **Beats Ride** — ***Melissa Zierler***
6:30-7:15 MS * — Rhythmic Sculpt — *Andrew Blake Ames*
6:45-7:30 BR * — Rounds: Boxing — *Emmanuel Griffin*
7:00-8:00 YS * — Vinyasa Yoga — *Javier Lopez*
7:30-8:15 MS * — Leg Day — *Dominic Manfredi*

## TUESDAY

6:15-7:00 MS * — Stacked — *Nas Analouei*
7:00-8:00 YS * — Vinyasa Yoga — *Danny Lauchaire*
7:15-8:00 MS * — **Body Sculpt** — ***Robin Retherford***
8:15-9:00 YS * — True Barre — *Amber Immordino*
8:30-9:15 CS * — Beats Ride — *Robin Retherford*
9:15-10:00 MS * — Athletic Conditioning — *Alex Barreto*
9:30-10:15 YS * — **Pilates Mat** — ***Shanti***
10:30-11:30 YS * — Yin Yoga — *Shanti*
10:45-11:30 MS * — Stacked — *Amber Roach*

12:00-12:50 YS * — True Barre: Bala Bangle — *Amber Immordino*
12:15-1:00 MS * — Leg Day — *Rachel Dugan*

4:45-5:30 MS * — Studio Dance: Latin Rhythms — *Jonathan Lara Castillo*
5:30-6:15 YS * — **Barefoot Sculpt: The Ring** — ***Amber Roach***
5:45-6:30 MS * — Stacked — *Alex Barreto*
6:00-6:45 BR * — Rounds: Boxing — *Darryl Crosier*
6:00-6:45 CS * — Beats Ride — *Justin Dieppa*
6:30-7:15 TR * — Precision Run® — *Matt Devanney*
6:30-7:45 YS * — Yin Yoga Meditation — *Steven Herbst*
6:45-7:30 MS * — Stronger — *Alex Barreto*
7:45-8:30 MS * — Best Stretch Ever — *Alex Barreto*

## WEDNESDAY

6:15-7:00 MS * — Stronger — *Matt Devanney*
7:00-7:45 BR * — Rounds: Boxing — *Darryl Crosier*
7:15-7:45 MS * — **Quick HIIT** — ***Dominik Snopkowski***
7:30-8:15 CS * — Beats Ride — *Amber Roach*
7:45-8:15 BR * — Best Abs Ever — *Darryl Crosier*
7:45-8:15 MS * — **Upper Body Pump** — ***Dominik Snopkowski***
8:30-9:15 MS * — Best Butt Ever — *Amber Roach*
8:30-9:15 YS * — Pilates Fusion — *Lauren Lampa*
9:30-10:15 MS * — Body Sculpt — *Taliah Mekki*
10:45-11:30 MS * — Stronger — *Luis Weber*
11:00-12:00 YS * — Restorative Yoga — *Linda Pedrosa*

12:15-1:00 MS * — MetCon3 — *PJ Venturino*
12:15-1:00 YS * — Barefoot Sculpt: The Ring — *Carol Alvarez*

5:30-6:20 MS * — Pilates Rise — *Natalie Rivera*
5:30-6:30 YS * — Vinyasa Yoga — *Javier Lopez*
6:00-6:45 CS * — Beats Ride — *Nicole Ramos*
6:45-7:30 MS * — MetCon3 — *Matt Devanney*
6:45-7:30 YS * — True Barre — *Natalie Rivera*

## THURSDAY

6:00-6:45 CS * — Beats Ride — *Liz Butler*
7:00-7:45 MS * — Stronger — *Liz Butler*
8:15-9:00 YS * — True Barre: Bala Bangle — *Robin Retherford*
9:15-10:05 YS * — Pilates at the Barre — *Lauren Lampa*
9:30-10:15 MS * — **Stacked** — ***Melissa Zierler***
10:30-11:30 YS * — **Slow Flow Yoga** — ***Matthew Mileo***
10:45-11:30 MS * — MetCon3 — *Rachel Dugan*

12:00-12:50 YS * — True Barre — *Amber Immordino*
12:15-1:00 MS * — Stronger — *Dominic Manfredi*

5:30-6:30 YS * — Vinyasa Yoga — *Steven Herbst*
5:45-6:35 MS * — 360 Strength — *Amber Roach*
6:15-7:00 BR * — Rounds: Boxing — *Aurelio Figari*
6:45-7:30 MS * — Body Sculpt — *Amber Roach*
7:00-7:45 YS * — Sonic Meditation — *Steven Herbst*

## FRIDAY

6:00-6:45 MS * — MetCon3 — *Darryl Crosier*
7:00-7:45 MS * — Rounds: Kickboxing — *Darryl Crosier*
7:30-8:15 CS * — Beats Ride — *Sabrina Mautner*
8:30-9:20 MS * — Core6 — *Rachel Morales*
8:30-9:15 YS * — Pilates Fusion — *Rachel Dugan*
9:30-10:15 MS * — Stronger — *Rachel Dugan*
10:30-11:00 CS * — Beats Ride 30 — *Rachel Dugan*
10:45-11:30 MS * — Studio Dance: Latin Rhythms (L2) — *Jonathan Lara Castillo*
11:00-12:00 YS * — Yin Yoga — *Shakti Reyna*

12:15-1:00 MS * — Athletic Conditioning — *Darryl Crosier*
12:15-1:15 YS * — Pilates Mat — *Natalie Rivera*

5:00-5:45 YS * — Pilates Fusion — *Jil Deviscour*
6:00-7:00 YS * — Vinyasa Yoga (L2) — *Jil Deviscour*
6:30-7:15 MS * — Rounds: Kickboxing — *Darryl Crosier*

## SATURDAY

8:30-9:15 MS * — Whipped! — *Rachel Dugan*
9:00-10:00 YS * — **Pilates Fusion** — ***Reshma Anwar***
9:30-10:15 CS * — Beats Ride — *Sabrina Mautner*
9:45-10:30 MS * — Body Sculpt — *Rachel Dugan*
10:30-11:15 TR * — Precision Run® — *Matt Devanney*
10:45-11:30 CS * — Beats Ride — *KC Della-Fera*
10:45-11:30 MS * — Stronger — *Alex Barreto*
11:00-11:45 BR * — Rounds: Boxing — *Darryl Crosier*

11:45-12:30 MS * — Best Stretch Ever — *Alex Barreto*
11:45-12:30 YS * — True Barre: Bala Bangle — *Robin Retherford*
12:45-1:30 MS * — Studio Dance: Latin Rhythms — *Josip Fabian*

3:45-4:45 YS * — Vinyasa Yoga — *Javier Lopez*

## SUNDAY

8:45-9:30 YS * — True Barre — *Amber Immordino*
9:00-9:45 BR * — Rounds: Boxing — *Dominik Snopkowski*
9:00-9:45 CS * — **Beats Ride** — ***Christina Specos***
9:50-10:20 MS * — Best Abs Ever — *Carol Alvarez*
10:00-10:45 TR * — Precision Run® — *JP Shami*
10:00-11:00 YS * — Vinyasa Yoga — *Steven Herbst*
10:30-11:15 MS * — Best Butt Ever — *Carol Alvarez*

11:15-12:15 YS * — Hatha Yoga — *Steven Herbst*
11:20-11:50 MS * — Best Abs Ever — *Carol Alvarez*
12:15-1:00 MS * — Athletic Conditioning — *Darryl Crosier*
1:00-1:50 YS * — Pilates Rise — *Carol Alvarez*
3:30-4:30 YS * — Yin Yoga — *Shakti Reyna*

4:45-5:30 YS * — Sonic Meditation — *Shakti Reyna*

EQUINOX

**BRICKELL**

1441 Brickell Avenue #4

MIAMI FL 33131

EQUINOX.COM

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**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

**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.

## 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.
**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

## 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.

## 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

**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.
**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®** 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.
**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.

## 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.

## 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.

## Sculpt

**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.
**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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.