

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Rounds: Boxing <i>Angel Alicea</i>	6:15-7:00 MS * Stacked <i>Emmanuel Griffin</i>	7:00-8:00 YS * Power Vinyasa (Heated) <i>Papa Guru</i>	6:15-7:05 MS * Stronger <i>Danny Lauchaire</i>	6:45-7:30 MS * MetCon3 <i>Luis Weber</i>	8:30-9:15 MS * Rounds: Kickboxing <i>Darryl Crosier</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Shakti Reyna</i>
7:00-7:45 YS * Pilates Fusion (Heated) <i>Taliah Mekki</i>	7:15-8:00 CS * Beats Ride <i>Taliah Mekki</i>	7:15-8:00 MS * Athletic Conditioning <i>Luis Weber</i>	7:15-8:05 TR * Precision Run® <i>Danny Lauchaire</i>	7:00-7:45 YS * Pilates Fusion (Heated) <i>Kelly Moumdjian</i>	9:00-10:00 YS * Vinyasa Yoga <i>Monique Woodland</i>	10:00-10:45 MS * MetCon3 <i>Darryl Crosier</i>
7:45-8:30 MS * Stronger <i>Angel Alicea</i>	7:15-8:05 TR * Precision Run® <i>Angel Alicea</i>	8:15-9:00 MS * MetCon3 <i>Luis Weber</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Shakti Reyna</i>	7:45-8:30 MS * Best Butt Ever <i>Taliah Mekki</i>	9:30-10:15 CS * Beats Ride <i>JP Shami</i>	10:30-11:15 CS * Beats Ride <i>Nicole Ramos</i>
8:30-9:15 YS * Barefoot Sculpt (Heated) <i>Carol Alvarez</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Alex Barreto</i>	8:30-9:15 YS * True Barre (Heated) <i>Taliah Mekki</i>	8:00-8:45 MS * Athletic Conditioning <i>PJ Venturino</i>	7:45-8:35 TR * Precision Run® <i>Luis Weber</i>	9:30-10:15 MS * Athletic Conditioning <i>Darryl Crosier</i>	10:30-11:15 YS * True Barre: Off the Barre <i>Taliah Mekki</i>
8:45-9:15 MS * Best Abs Ever <i>Matt Devanney</i>	8:00-8:45 MS * Rounds: Boxing <i>Danny Lauchaire</i>	9:15-10:00 MS * Best Butt Ever <i>Angel Alicea</i>	9:15-10:00 MS * Stacked <i>Danny Lauchaire</i>	8:00-8:45 CS * Beats Ride <i>Matt Devanney</i>	10:15-11:00 YS * Pilates Mat <i>Patricia Pinto</i>	
9:15-10:00 MS * MetCon3 <i>Matt Devanney</i>	9:15-10:00 MS * Athletic Conditioning <i>Danny Lauchaire</i>	10:15-11:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Justine Ayala</i>	9:00-9:50 MS * Stronger <i>Matt Devanney</i>	10:30-11:20 MS * Stronger <i>Dominic Manfredi</i>	11:30-12:00 MS * Best Butt Ever <i>Matt Devanney</i>
						11:30-12:15 YS * Pilates Mat <i>Christina Specos</i>
12:00-12:45 YS * Pilates Fusion (Heated) <i>Nas Analouei</i>	12:15-1:15 YS * Yin Yoga <i>Papa Guru</i>	12:00-12:45 YS * Pilates Fusion <i>Lauren Lampa</i>	12:30-1:15 MS * Best Butt Ever <i>Maykel Moreira</i>	12:00-1:00 YS * Restorative Yoga <i>Shanti</i>	11:30-12:15 MS * Body Sculpt <i>Rachel Dugan</i>	12:00-12:30 MS * Upper Body Pump <i>Matt Devanney</i>
12:15-1:00 MS * Stronger <i>Darryl Crosier</i>	12:30-1:15 MS * MetCon3 <i>Amber Roach</i>	12:15-1:00 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	1:15-1:45 MS * Best Abs Ever <i>Maykel Moreira</i>	12:15-1:00 MS * Rounds: Boxing <i>PJ Venturino</i>	12:15-1:15 YS * Power Vinyasa (Heated) <i>Tazz Carter</i>	12:30-1:30 YS * Weekend Wind Down Yoga <i>Linda Pedrosa</i>
1:15-2:00 MS * Rounds: Kickboxing <i>Darryl Crosier</i>	1:15-1:45 MS * Best Abs Ever <i>Amber Roach</i>	1:15-2:05 MS * Stronger <i>Dominic Manfredi</i> <i>Rachel Dugan</i>				
4:00-4:45 YS * Pilates Fusion (Heated) <i>Taliah Mekki</i>	4:00-4:45 YS * Barefoot Sculpt <i>Andrew Blake Ames</i>	4:00-4:45 YS * Pilates Fusion (Heated) <i>Monique Woodland</i>	4:00-4:45 YS * Barefoot Sculpt (Heated) <i>Amber Roach</i>	4:00-4:45 YS * True Barre (Heated) <i>Carol Alvarez</i>	3:45-4:45 YS * Restorative Yoga <i>Shanti</i>	3:45-5:00 YS * Power Vinyasa (Heated) <i>Javier Lopez</i>
5:30-6:15 MS * Body Sculpt <i>Taliah Mekki</i>	5:15-6:00 YS * Pilates Fusion <i>Jil Deviscour</i>	5:30-6:15 MS * Best Butt Ever <i>Taliah Mekki</i>	5:00-5:45 YS * Hatha Yoga (Heated) <i>Danny Lauchaire</i>	5:15-6:00 MS * Best Butt Ever <i>Amber Roach</i>		6:15-7:15 YS * Yin Yoga Meditation <i>Shakti Reyna</i>
5:45-6:45 YS * Power Vinyasa (Heated) <i>Alex Barreto</i>	5:30-6:15 CS * Beats Ride <i>Rachel Dugan</i>	5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Papa Guru</i>	5:30-6:15 MS * Stronger <i>Dominic Manfredi</i> <i>Rachel Dugan</i>	5:30-6:15 CS * Beats Ride <i>Kevin Duran</i>		
6:15-7:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	5:30-6:20 MS * Stronger <i>Rachel Morales</i>	6:15-7:00 CS * Beats Ride <i>Dominic Manfredi</i>	6:15-7:00 CS * Anthem Ride <i>Rachel Morales</i>	6:00-6:30 MS * Best Abs Ever <i>Amber Roach</i>		
6:30-7:15 CS * Beats Ride <i>Dominic Manfredi</i>	6:30-7:15 MS * Stacked <i>Rachel Dugan</i>	6:30-7:15 MS * Tabata Max <i>Brittany Berger</i>	6:15-7:05 YS * Pilates Rise (Heated) <i>Lauren Lampa</i>	7:00-8:00 YS * Restorative Yoga <i>Gab Cohen</i>		
6:30-7:15 MS * Best Butt Ever <i>Maykel Moreira</i>	6:30-7:30 YS * Power Vinyasa (Heated) <i>Jil Deviscour</i>	7:15-8:15 YS * Power Vinyasa (Heated) <i>Javier Lopez</i>	6:30-7:15 MS * Whipped! <i>Rachel Dugan</i>			
7:15-8:15 YS * Vinyasa Yoga <i>Gab Cohen</i>	7:30-8:15 MS * Rounds: Boxing <i>Miguel Garcia</i>	7:20-7:50 MS * Best Abs Ever <i>Brittany Berger</i>	7:20-8:20 YS * Yin Yoga <i>Shakti Reyna</i>			
7:20-7:50 MS * Best Abs Ever <i>Maykel Moreira</i>			7:30-8:15 MS * Rounds: Boxing <i>Darryl Crosier</i>			

EQUINOX

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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

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.



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.

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.

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.

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 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.

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.

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.



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 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

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 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.

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.