

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Rounds: Kickboxing <i>Angel Alicea</i>	6:30-7:15 MS * MetCon3 <i>KC Della-Fera</i>	6:45-7:30 MS * Athletic Conditioning <i>Luis Weber</i>	6:30-7:15 MS * MetCon3 <i>Dominik Snopkowski</i>	7:00-7:45 YS * Pilates Fusion (Heated) <i>Kelly Moundjian</i>	8:15-9:00 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>	7:00-7:45 YS * <b>Pilates Fusion (Heated)</b> <i>Kelly Moundjian</i>	7:15-8:00 CS * Beats Ride <i>KC Della-Fera</i>	7:45-8:30 MS * Best Butt Ever <i>Taliah Mekki</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>	8:00-8:45 MS * Whipped! <i>Luis Weber</i>	7:15-8:05 TR * Precision Run® <i>Danny Lauchaire</i>	8:30-9:15 YS * Barefoot Sculpt <i>Amber Roach</i>	9:15-10:00 MS * Stronger <i>Darryl Crosier</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: Bala Bangla (Heated) <i>Taliah Mekki</i>	7:30-8:30 YS * Power Vinyasa (Heated) <i>Papa Guru</i>	9:15-10:00 MS * Stronger <i>Matt Devanney</i>	9:15-10:00 TR * Precision Run® <i>Luis Weber</i>	10:30-11:15 YS * True Barre: Off the Barre <i>Taliah Mekki</i>
9:15-10:00 MS * MetCon Monday <i>Matt Devanney</i>	8:00-8:45 MS * Athletic Conditioning <i>Luis Weber</i>	9:15-10:00 MS * Best Butt Ever <i>Angel Alicea</i>	8:00-8:45 MS * Athletic Conditioning <i>PJ Venturino</i>	12:00-12:45 YS * Pilates Fusion <i>Rachel Dugan</i>	9:30-10:15 CS * Beats Ride <i>Dominic Manfredi</i>	11:15-12:00 MS * Whipped! <i>Matt Devanney</i>
10:15-11:05 TR * Precision Walk: Elevate <i>Luis Weber</i>	9:15-10:00 MS * Stacked <i>Luis Weber</i>	10:15-11:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	9:15-10:00 MS * MetCon3 <i>Luis Weber</i>	12:15-1:00 MS * Rounds: Boxing <i>PJ Venturino</i>	10:15-11:00 YS * Pilates Mat <i>Patricia Pinto</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>	12:15-1:00 YS * <b>Vinyasa Yoga (Heated)</b> <i>Raquel Correa</i>	1:15-2:00 MS * Studio Dance: Latin Rhythms <i>Boris Garrido</i>	11:15-12:00 MS * Body Sculpt <i>Rachel Dugan</i>	12:30-1:45 YS * Weekend Wind Down Yoga <i>Linda Pedrosa</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>	12:30-1:15 MS * Best Butt Ever <i>Maykel Moreira</i>	4:00-4:45 YS * True Barre (Heated) <i>Carol Alvarez</i>	12:15-1:15 YS * Power Vinyasa (Heated) <i>Tazz Carter</i>	3:45-5:00 YS * Power Vinyasa (Heated) <i>Javier Lopez</i>
1:15-2:00 MS * Rounds: Kickboxing <i>Darryl Crosier</i>	4:00-4:45 YS * Barefoot Sculpt <i>Amber Roach</i>	1:15-2:00 MS * Stronger <i>Luis Weber</i>	4:00-4:45 YS * Barefoot Sculpt <i>Andrew Blake Ames</i>	5:15-6:00 MS * Best Butt Ever <i>Amber Roach</i>	3:00-4:00 YS * Restorative Yoga <i>Shanti</i>	6:15-7:30 YS * Yin Yoga + Sound Meditation <i>Shakti Reyna</i>
4:00-4:45 YS * Pilates Fusion (Heated) <i>Taliah Mekki</i>	5:15-6:00 YS * Pilates Fusion <i>Jil Deviscour</i>	4:00-4:45 YS * Pilates Fusion (Heated) <i>Monique Woodland</i>	5:00-6:00 YS * Vinyasa Yoga (Heated) <i>Shanti</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Shakti Reyna</i>		
5:30-6:15 MS * Body Sculpt <i>Taliah Mekki</i>	5:30-6:15 CS * Beats Ride <i>Justin Pham</i>	5:30-6:15 MS * Best Butt Ever <i>Taliah Mekki</i>	5:30-6:15 CS * Anthem Ride <i>Rachel Morales</i>	6:15-7:00 CS * Beats Ride <i>Kevin Duran</i>		
5:45-6:45 YS * <b>Power Vinyasa (Heated)</b> <i>Shanti</i>	5:30-6:15 MS * Stronger <i>Rachel Morales</i>	5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Papa Guru</i>	5:30-6:15 MS * Stronger <i>Rachel Dugan</i>	7:00-8:00 YS * Restorative Yoga <i>Gab Cohen</i>		
6:15-7:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	6:15-7:15 YS * <b>Power Vinyasa (Heated)</b> <i>Jil Deviscour</i>	6:30-7:15 CS * Best Butt Ever <i>Dominic Manfredi</i>	6:15-7:05 YS * Pilates Rise (Heated) <i>Lauren Lampa</i>			
6:30-7:15 CS * Beats Ride <i>Rachel Morales</i>	6:30-7:15 MS * MetCon3 <i>Justin Pham</i>	6:30-7:15 MS * Tabata Max <i>Brittany Berger</i>	6:30-7:15 MS * Core6 <i>Rachel Dugan</i>			
6:30-7:15 MS * Best Butt Ever <i>Maykel Moreira</i>	7:30-8:15 MS * Rounds: Boxing <i>Miguel Garcia</i>	7:15-8:15 MS * Power Vinyasa (Heated) <i>Javier Lopez</i>	7:20-8:20 YS * Yin Yoga <i>Shakti Reyna</i>			
7:15-8:15 YS * <b>Vinyasa Yoga</b> <i>Reshma Anwar</i>		7:20-7:50 MS * Best Abs Ever <i>Brittany Berger</i>	7:30-8:15 MS * Rounds: Boxing <i>Darryl Crosier</i>			
7:20-7:50 MS * Best Abs Ever <i>Maykel Moreira</i>						

# EQUINOX

## BRICKELL HEIGHTS

25 SW 9th Street

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

luis.weber@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

**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 + 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.



## 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.

**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: 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: 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.