EQUINOX

BRICKELL HEIGHTS

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

6:45-7:30 MS *	Rounds: Kickboxing *Aurelio Figari*
7:00-7:45 YS *	Pilates Fusion (Heated) *Taliah Mekki*
7:45-8:30 MS *	Stronger *Aurelio Figari*
8:30-9:15 YS *	Barefoot Sculpt (Heated) *Carol Alvarez*
9:15-10:00 MS *	Athletic Conditioning *Matt Devanney*
10:15-11:00 TR *	Precision Walk: Elevate + Strength *Luis Weber*
12:00-12:45 YS *	Barefoot Sculpt: The Ring *Amber Immordino*
12:15-1:00 MS *	MetCon Monday *Darryl Crosier*
4:00-4:45 YS *	Pilates Fusion (Heated) *Taliah Mekki*
5:30-6:15 MS *	Body Sculpt *Taliah Mekki*
5:45-6:45 YS *	Power Vinyasa (Heated) *Shanti*
6:30-7:15 CS *	Beats Ride *Rachel Morales*
6:30-7:15 MS *	Stacked *Maykel Moreira*
6:30-7:20 TR *	Precision Walk: Elevate *Taliah Mekki*
7:15-8:15 YS *	Vinyasa Yoga *Reshma Anwar*
7:20-7:50 MS *	Best Abs Ever *Maykel Moreira*

TUESDAY

6:45-7:30 MS *	**MetCon3** ***KC Della-Fera***
7:00-8:00 YS *	Power Vinyasa (Heated) *Alex Barreto*
7:15-8:00 CS *	Beats Ride *Taliah Mekki*
7:15-8:05 TR *	Precision Run + Strength *Matt Devanney*
8:00-8:45 MS *	**Stacked** ***Luis Weber***
9:15-10:00 MS *	**Ropes and Rowers** ***Luis Weber***
12:15-1:15 YS *	Yin Yoga *Shanti*
12:30-1:15 MS *	Best Butt Ever *Amber Roach*
4:00-4:45 YS *	Barefoot Sculpt *Amber Roach*
5:15-6:00 YS *	Pilates Fusion *Jil Deviscour*
5:30-6:15 CS *	Beats Ride *Kris Wilkins*
5:30-6:15 MS *	Stronger *Rachel Morales*
6:15-7:15 YS *	Power Vinyasa (Heated) *Jil Deviscour*
6:30-7:15 MS *	MetCon3 *Rustin Scarbrough*
7:30-8:15 MS *	Rounds: Boxing *Miguel Garcia*

WEDNESDAY

6:45-7:30 MS *	Stronger *Luis Weber*
7:00-7:45 YS *	Pilates Fusion (Heated) *Kelly Moumdjian*
7:45-8:30 MS *	Leg Day *Luis Weber*
9:15-10:00 MS *	Best Butt Ever *Rustin Scarbrough*
10:15-11:05 TR *	Precision Walk: Elevate *Amber Roach*
12:00-12:45 YS *	Pilates Fusion *Lauren Lampa*
12:15-1:00 MS *	Studio Dance: Latin Rhythms *Jonathan Lara Castillo*
1:15-2:00 MS *	Stronger *Dominic Manfredi*
4:00-4:45 YS *	Pilates Fusion (Heated) *Monique Woodland*
5:30-6:15 MS *	Best Butt Ever *Taliah Mekki*
5:45-6:45 YS *	Vinyasa Yoga (Heated) *Angela Spagna*
6:30-7:15 CS *	Beats Ride *Dominic Manfredi*
6:30-7:15 MS *	Tabata Max *Brittany Berger*
6:30-7:20 TR *	Precision Walk: Elevate *Taliah Mekki*
7:15-8:15 YS *	Power Vinyasa (Heated) *Javier Lopez*
7:20-7:50 MS *	Best Abs Ever *Brittany Berger*

THURSDAY

6:45-7:30 MS *	Body Sculpt *Dominik Snopkowski*
7:00-8:00 YS *	Power Vinyasa (Heated) *Shakti Reyna*
7:15-8:00 CS *	Beats Ride *KC Della-Fera*
7:15-8:05 TR *	Precision Run® *Danny Lauchaire*
8:00-8:45 MS *	Athletic Conditioning *PJ Venturino*
9:15-10:00 MS *	Whipped! *Luis Weber*
12:15-1:00 YS *	Vinyasa Yoga (Heated) *Raquel Correa*
12:30-1:15 MS *	Stacked *Maykel Moreira*
4:00-4:45 YS *	Barefoot Sculpt: The Ring *Andrew Blake Ames*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Shanti*
5:30-6:15 CS *	Beats Ride *Kris Wilkins*
5:30-6:15 MS *	Leg Day *Rachel Dugan*
6:15-7:05 YS *	Pilates Rise (Heated) *Lauren Lampa*
6:30-7:15 MS *	Core6 *Rachel Dugan*
7:20-8:20 YS *	Yin Yoga *Shakti Reyna*
7:30-8:15 MS *	Rounds: Boxing *Aurelio Figari*

FRIDAY

6:45-7:30 MS *	Stacked *Rustin Scarbrough*
7:00-7:45 YS *	Pilates Fusion (Heated) *Kelly Moumdjian*
7:45-8:30 MS *	Best Butt Ever *Taliah Mekki*
8:30-9:15 YS *	Barefoot Sculpt: The Ring *Amber Roach*
9:15-10:00 MS *	Stronger *Matt Devanney*
12:00-12:45 YS *	Pilates Fusion *Rachel Dugan*
12:15-1:00 MS *	Rounds: Boxing *PJ Venturino*
1:15-2:00 MS *	Studio Dance: Latin Rhythms *Boris Garrido*
5:15-6:00 MS *	Best Butt Ever *Carol Alvarez*
5:30-6:30 YS *	Vinyasa Yoga (Heated) *Shakti Reyna*
6:15-7:00 CS *	Beats Ride *Kevin Duran*
7:00-8:00 YS *	Restorative Yoga *Gab Cohen*

SATURDAY

9:00-10:00 YS *	Vinyasa Yoga *Monique Woodland*
9:15-10:00 MS *	Stronger *Darryl Crosier*
9:15-10:00 TR *	Precision Run® *Luis Weber*
9:30-10:15 CS *	Beats Ride *Dominic Manfredi*
10:15-11:00 MS *	**MetCon3** ***Luis Weber***
10:15-11:00 YS *	Pilates Mat *Patricia Pinto*
11:15-12:00 MS *	Body Sculpt *Rachel Dugan*
12:00-1:00 YS *	Power Vinyasa (Heated) *Tazz Carter*
1:15-2:00 YS *	Pilates Rise (Heated) *Carol Alvarez*
3:00-4:00 YS *	Restorative Yoga *Shanti*

SUNDAY

9:00-10:00 YS *	Vinyasa Yoga (Heated) *Shakti Reyna*
10:00-10:45 MS *	MetCon3 *Darryl Crosier*
10:30-11:15 CS *	Beats Ride *Nicole Ramos*
10:30-11:15 YS *	Barefoot Sculpt *Linda Pedrosa*
11:00-11:45 MS *	Best Butt Ever *Matt Devanney*
11:30-12:15 YS *	Pilates Mat *Christina Specos*
12:30-1:30 YS *	Weekend Wind Down Yoga *Linda Pedrosa*
4:00-5:00 YS *	Power Vinyasa (Heated) *Javier Lopez*
6:30-7:30 YS *	Yin Yoga + Sound Meditation *Shakti Reyna*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

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

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.

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.

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.

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.
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.

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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. 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, 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.
Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
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.