EQUINOX

WEST PALM BEACH

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 *	Stronger *Alex Muck*
6:15-7:00	YS *	Pilates Fusion *Joanne Baum*
7:15-8:00	TR *	Precision Run + Strength *Alex Muck*
8:30-9:15	MS *	**MetCon3** ***Kelsey Gephart***
8:45-9:30	YS *	Barefoot Sculpt (Heated) *Roxy King*
9:30-10:15	CS *	Beats Ride *Rena Wise*
9:45-10:30	MS *	Body Sculpt *Kelsey Gephart*
10:30-11:30	YS *	Vinyasa Yoga *Jade Wonzo*
11:30-12:15	MS *	Stronger *Eric Mearsheimer*
12:30-1:20	TR *	Precision Walk: Elevate *Eric Mearsheimer*
4:30-5:15	YS *	**Barefoot Sculpt: The Ring** ***Sarafina Orbe***
5:30-6:15	MS *	**Stacked** ***Eric Mearsheimer***
5:30-6:30	YS *	Vinyasa Yoga (Heated) *Ariel Pardillo*
5:45-6:30	CS *	**Beats Ride** ***Heather Shea***
6:30-7:15	MS *	Leg Day *Sophia Lewis*
6:45-7:30	YS *	True Barre (Heated) *Sarafina Orbe*
7:45-8:30	YS *	Pilates Fusion *Sophia Lewis*

TUESDAY

6:15-7:00	CS *	Beats Ride *Heather Shea*
7:00-7:45	MS *	Stronger *Chloe Lambros*
7:15-8:00	YS *	**Pilates Fusion** ***Fiona Daghir***
8:00-8:45	CS *	Beats Ride *Candace Storch*
8:45-9:30	YS *	**Vinyasa Yoga** ***Lauren Musselman***
9:30-10:15	MS *	Core6 *Kelsey Gephart*
9:45-10:15	TR *	Precision Run 30 *Chloe Lambros*
9:45-10:30	YS *	True Barre *Roxy King*
10:30-11:15	MS *	TRX Max *Noah Pantaleon*
11:30-12:15	MS *	Best Stretch Ever *Karen Burnett*
12:30-1:20	YS *	Pilates at the Barre *Kelsey Gephart*
4:30-5:30	YS *	Vinyasa Yoga *Ariel Pardillo*
5:30-6:15	MS *	Cardio Sculpt *Sarafina Orbe*
5:45-6:30	CS *	Beats Ride *Noah Pantaleon*
6:00-6:45	YS *	Pilates Fusion *Alex Muck*
6:30-7:15	MS *	Cardio Dance *GiGi Fleurimond*
6:45-7:30	TR *	Precision Run® *Noah Pantaleon*
7:00-8:15	YS *	Vinyasa Yoga *Alina Garcia*

WEDNESDAY

6:00-6:45	MS *	Leg Day *Alex Muck*
6:15-7:00	YS *	True Barre *Heather Shea*
7:15-8:05	TR *	Precision Walk: Elevate *Eric Mearsheimer*
8:30-9:15	MS *	**Stronger** ***Eric Mearsheimer***
8:45-9:30	YS *	Pilates Fusion (Heated) *Alex Muck*
9:30-10:15	CS *	Beats Ride *Noah Pantaleon*
9:45-10:30	MS *	Cardio Dance *GiGi Fleurimond*
10:30-11:30	YS *	Vinyasa Yoga (Heated) *Karen Burnett*
11:30-12:00	MS *	Upper Body Pump *Sophia Lewis*
12:00-12:45	MS *	Best Butt Ever *Sophia Lewis*
4:30-5:15	TR *	Precision Walk: Elevate *Sam Benjimen*
5:30-6:15	MS *	Stronger *Eric Mearsheimer*
5:30-6:15	YS *	Barefoot Sculpt (Heated) *Susan Laney*
5:45-6:30	CS *	Beats Ride *Evely Davila*
6:30-7:20	MS *	**Whipped!** ***Eric Mearsheimer***
6:45-7:30	YS *	Yin Yoga *Lauren Musselman*
7:45-8:35	YS *	Sonic Meditation *Noah Pantaleon*

THURSDAY

6:15-7:00	TR *	Precision Run® *Sam Benjimen*
7:00-7:45	MS *	TRX Max *Eric Mearsheimer*
7:15-8:00	YS *	Pilates Fusion *Sophia Lewis*
8:00-8:45	CS *	Beats Ride *Sam Benjimen*
8:45-9:30	YS *	**Vinyasa Yoga** ***Susan Laney***
9:30-10:15	MS *	Rounds: Boxing *Marco De Ornelas*
9:45-10:15	TR *	Precision Run 30 *Noah Pantaleon*
9:45-10:30	YS *	Barefoot Sculpt: The Ring *Kelsey Gephart*
10:30-11:15	MS *	Stronger *Noah Pantaleon*
11:30-12:15	MS *	Best Stretch Ever *Kelsey Gephart*
12:15-1:00	YS *	Pilates Mat *Joanne Baum*
4:30-5:15	YS *	Pilates at the Barre *Ginelle Ruffa*
5:30-6:15	MS *	Body Sculpt *Sarafina Orbe*
5:45-6:30	CS *	Beats Ride *Chloe Lambros*
6:00-6:45	YS *	Pilates Fusion (Heated) *Alex Muck*
6:30-7:20	TR *	Precision Walk: Elevate *Francis Dolloway*
6:45-7:15	MS *	**Upper Body Pump** ***Chloe Lambros***
7:00-8:15	YS *	Vinyasa Yoga (Heated) *Jade Wonzo*

FRIDAY

7:15-8:00	TR *	Precision Walk: Elevate + Strength *Chloe Lambros*
7:30-8:15	YS *	**True Barre** ***Olivia Liberty***
8:30-9:00	MS *	**Best Butt Ever** ***Chloe Lambros***
8:45-9:30	YS *	Pilates Fusion *Arianna Soffos*
9:00-9:30	MS *	**Core6 Express** ***Chloe Lambros***
9:30-10:15	CS *	Beats Ride *Evely Davila*
9:45-10:30	MS *	Stronger *Eric Mearsheimer*
10:45-11:30	YS *	**True Barre: Bala Bangle** ***Meaghan Barnett***
11:30-12:15	MS *	Rounds: Boxing *Marco De Ornelas*
11:45-12:30	YS *	Sculpted Yoga™ *Susan Laney*
12:15-12:45	MS *	**Best Abs Ever** ***Marco De Ornelas***
4:30-5:15	YS *	Barefoot Sculpt: The Ring *Sarafina Orbe*
5:30-6:00	YS *	Best Abs Ever *Sarafina Orbe*
6:15-7:00	MS *	Cardio Dance *GiGi Fleurimond*
6:30-7:30	YS *	Power Vinyasa (Heated) *Fiona Daghir*

SATURDAY

8:15-9:00	CS *	Beats Ride *Candace Storch*
8:15-9:00	YS *	Pilates Fusion *Sarafina Orbe*
8:30-9:15	MS *	Whipped! *Eric Mearsheimer*
9:15-10:00	TR *	Precision Run® *Sam Benjimen*
9:15-10:00	YS *	Barefoot Sculpt *Ginelle Ruffa*
9:30-10:00	MS *	**Leg Day 30** ***Noah Pantaleon***
10:00-10:30	MS *	**Upper Body Pump** ***Noah Pantaleon***
10:15-11:00	CS *	Beats Ride *Sam Benjimen*
10:45-11:15	MS *	**Best Abs Ever** ***Marco De Ornelas***
11:00-12:00	YS *	Power Vinyasa (Heated) *Jade Wonzo*
11:30-12:30	MS *	Best Stretch Ever *Marco De Ornelas*
12:30-1:15	YS *	**Pilates Mat (L2)** ***Lisa Miller***
2:30-3:15	YS *	Barefoot Sculpt: The Ring (Heated) *Roxy King*
3:30-4:15	YS *	Yin Yoga *Alina Garcia*
4:30-5:30	YS *	Sonic Meditation *Noah Pantaleon*

SUNDAY

8:00-9:00	YS *	Sunrise Vinyasa Yoga *Jade Wonzo*
8:15-9:00	CS *	Beats Ride *Francis Dolloway*
8:30-9:15	MS *	TRX Max *Chloe Lambros*
9:15-10:00	YS *	True Barre *Heather Shea*
9:30-10:15	MS *	Stacked *Francis Dolloway*
10:15-11:15	YS *	Sculpted Yoga™ (Heated) *Karen Burnett*
10:30-11:15	CS *	Beats Ride *Rena Wise*
10:30-11:15	MS *	Stronger *Chloe Lambros*
11:30-12:20	TR *	Precision Walk: Elevate *Chloe Lambros*
11:45-12:30	YS *	Pilates Mat *Brenna Murray*
12:30-1:15	MS *	Cardio Dance *GiGi Fleurimond*
4:30-5:30	YS *	Slow Flow Yoga *Dan Schaffer*

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

EQUINOX

WEST PALM BEACH

575 S Rosemary Ave

WEST PALM BEACH FL 33401

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

nikki.cucurulloperez@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.
Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.
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.
Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.
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.

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.

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 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

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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

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.
Leg Day 30 Thirty minutes of 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 + 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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.
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

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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. Build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.
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.

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.

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.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.