EQUINOX

BLOOMFIELD HILLS

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	True Barre: Off the Barre (Heated)	
YS *	*Kara Laramie*	
6:15-7:05	Whipped!	
MS *	*Erica Jones*	
7:00-7:45	Barefoot Sculpt: The Ring (Heated)	
YS *	*Alie Lukosavich*	
8:15-9:00	Cardio Sculpt	
MS *	*Erica Dutton*	
9:30-10:15	True Barre	
BA *	*Sitara Bird*	
9:30-10:15	MetCon Monday	
MS *	*Bonnie Kassab*	
10:45-11:30	Barefoot Sculpt (Heated)	
YS *	*Alie Lukosavich*	
12:30-1:15	Stronger	
MS *	*Erica Dutton*	
4:45-5:30	Cardio Sculpt	
MS *	*Sydney Beck*	
5:30-6:30	Vinyasa Yoga (Heated)	
YS *	*Natasha Baccari*	
5:45-6:30	Pilates Fusion	
BA *	*Sydney Beck*	
5:45-6:30	MetCon Monday	
MS *	*Lauren Page*	
6:00-6:45	Beats Ride	
CS *	*Maddy Weinert*	
7:00-7:45	Pilates Fusion (Heated)	
YS *	*Anna Buccilli*	

TUESDAY

6:00-6:45	Pilates Fusion (Heated)	
YS *	*Shenali Gunaratne*	
6:15-7:00	Stronger	
MS *	*Lauren Page*	
7:15-8:00	Barefoot Sculpt (Heated)	
YS *	*Lexi Shaw*	
8:15-9:00	Beats Ride	
CS *	*Nicole Yoder*	
8:45-9:30	True Barre: Off the Barre (Heated)	
YS *	*Kara Laramie*	
9:15-10:00	Body Sculpt	
MS *	*Erica Dutton*	
10:00-10:45	Best Stretch Ever	
YS *	*Nicole Yoder*	
10:15-11:00	Pilates Mat	
BA *	*Erica Dutton*	
12:00-12:45	True Barre: Off the Barre	
BA *	*Sitara Bird*	
4:45-5:30	Barefoot Sculpt (Heated)	
YS *	*Sydney Beck*	
5:45-6:30	True Barre: Bala Bangle	
BA *	*Jenny Lingenfelter*	
5:45-6:30	TRX Max	
MS *	*Lisa Butler*	
6:30-7:30	Vinyasa Yoga (Heated)	
YS *	*Catherine Leverett*	

WEDNESDAY

6:00-6:45	Barefoot Sculpt (Heated)	
BA *	*Alie Lukosavich*	
6:00-6:45	Beats Ride	
CS *	*Kara Laramie*	
6:15-7:00	Whipped!	
MS *	*Erica Jones*	
7:00-7:45	Pilates Fusion (Heated)	
BA *	*Rachel Shirey*	
8:15-9:00	Best Butt Ever	
MS *	*Bonnie Kassab*	
9:15-10:00	Slow Flow Yoga	
YS *	*Rachel Vurpillat*	
9:30-10:15	Pilates Fusion	
BA *	*Erica Dutton*	
9:30-10:15	Stronger	
MS *	*Alie Lukosavich*	
10:45-11:30	True Barre	
BA *	*Sitara Bird*	
12:15-1:00	Barefoot Sculpt: The Ring (Heated)	
YS *	*KC Chapple*	
4:45-5:30	Body Sculpt	
MS *	*Abbie Jankelovitz*	
5:30-6:30	Vinyasa Yoga (Heated)	
YS *	*Natasha Baccari*	
5:45-6:30	Pilates Fusion	
BA *	*Anna Buccilli*	
5:45-6:30	Cardio Boxing	
MS *	*Kirbie Watson*	
7:00-7:45	Pilates Mat (Heated)	
YS *	*Jenny Lingenfelter*	

THURSDAY

6:00-6:45	Pilates Fusion (Heated)	
YS *	*Kara Laramie*	
6:15-7:00	MetCon3	
MS *	*Brittanie Chin-Merkerson*	
7:15-8:00	Barefoot Sculpt (Heated)	
YS *	*Lisa Butler*	
8:15-9:00	Beats Ride	
CS *	*Lisa Butler*	
8:45-9:30	True Barre: Bala Bangle	
BA *	*Erica Dutton*	
9:15-10:00	Body Sculpt	
MS *	*Sydney Beck*	
10:00-10:45	Restorative Yoga	
YS *	*Nicole Yoder*	
10:15-11:00	Pilates Mat	
BA *	*Erica Dutton*	
12:00-12:45	Barefoot Sculpt	
BA *	*Sydney Beck*	
4:45-5:30	Pilates Fusion (Heated)	
YS *	*Kara Laramie*	
5:45-6:30	Barefoot Sculpt: The Ring	
BA *	*Jenny Lingenfelter*	
6:30-7:30	Hatha Yoga (Heated)	
YS *	*Catherine Leverett*	

FRIDAY

6:00-6:45	**Barefoot Sculpt: The Ring (Heated)**	
YS *	***Sam Cook***	
6:15-7:00	Stronger	
MS *	*Alie Lukosavich*	
7:15-8:00	**Pilates Fusion (Heated)**	
YS *	***KC Chapple***	
8:15-9:00	Whipped!	
MS *	*Alie Lukosavich*	
9:15-10:15	Gentle Yoga	
YS *	*Rachel Vurpillat*	
9:30-10:15	Pilates at the Barre	
BA *	*Erica Dutton*	
9:30-10:15	Cardio Sculpt	
MS *	*Lisa Butler*	
10:45-11:30	Barefoot Sculpt (Heated)	
YS *	*Lisa Butler*	
12:00-12:45	Pilates Rise (Heated)	
YS *	*Kara Laramie*	
5:00-5:45	Pilates Fusion (Heated)	
YS *	*Jenny Lingenfelter*	

SATURDAY

8:00-8:45	MetCon3	
MS *	*Brittanie Chin-Merkerson*	
8:15-9:00	Beats Ride	
CS *	*Alie Lukosavich*	
8:45-9:30	True Barre: Off the Barre	
BA *	*Kara Laramie*	
9:00-9:45	Precision Walk: Elevate	
TR *	*Jenny Lingenfelter*	
9:00-10:00	Vinyasa Yoga (Heated)	
YS *	*Natasha Baccari*	
9:30-10:15	Best Butt Ever	
MS *	*Alie Lukosavich*	
10:00-10:50	Pilates at the Barre	
BA *	*Jenny Lingenfelter*	
10:30-11:15	Barefoot Sculpt (Heated)	
YS *	*Kara Laramie*	
10:45-11:30	Core6	
MS *	*Abbie Jankelovitz*	
11:45-12:45	Restorative Yoga	
YS *	*Catherine Leverett*	

SUNDAY

8:15-9:00	Pilates Mat (Heated)	
YS *	*Shenali Gunaratne*	
9:00-9:45	Stronger	
MS *	*Lisa Butler*	
9:15-10:00	Pilates Mat	
BA *	*Shaniya Raheja*	
9:15-10:00	Slow Flow Yoga	
YS *	*Nicole Yoder*	
10:15-11:00	Stacked	
MS *	*Lisa Butler*	
10:15-11:00	Best Stretch Ever	
YS *	*Nicole Yoder*	
10:30-11:15	Pilates Fusion	
BA *	*Lexi Shaw*	
11:15-12:00	**Barefoot Sculpt (Heated)**	
YS *	***Lisa Butler***	
3:00-4:00	Weekend Wind Down Yoga	
YS *	*Linda Talakic*	

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

EQUINOX

BLOOMFIELD HILLS

4065 West Maple Road

BLOOMFIELD HILLS MI 48301

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

alie.lukosavich@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre 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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
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.
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.
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.

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.

Boxing

Cardio Boxing Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

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.

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.

Running

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.

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.
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.
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.

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.

Strength

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.