EQUINOX

HIGHLAND PARK DALLAS

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

5:45-6:30 TR *	**Precision Run®** ***Jessica Becchetti***
6:15-7:15 YS *	Vinyasa Yoga (Heated) *Megan Walsh*
6:30-7:15 CS *	Beats Ride *Melanie Rosner*
7:45-8:15 BR *	**Cardio Boxing** ***Chris X***
8:00-8:45 YS *	**Barefoot Sculpt** ***Ashlyn Croy***
8:30-9:00 BR *	**Cardio Boxing** ***Chris X***
9:00-9:45 YS *	**Body Sculpt** ***Jill Sabella***
10:00-10:45 TR *	**Precision Walk: Elevate + Strength** ***Audresha Lynn***
10:00-10:45 YS *	**Power Vinyasa (Heated)** ***Loren Bassett***
11:00-12:00 YS *	Slow Flow Yoga *Thomas Renner*
12:15-1:00 YS *	True Barre *Matt Araiza*
4:00-4:45 YS *	**Body Sculpt** ***Maddie Dougherty***
5:00-5:45 YS *	True Barre: Bala Bangle *Audresha Lynn*
5:30-6:15 CS *	Beats Ride *Matt Araiza*
5:45-6:30 TR *	**Precision Run + Strength** ***David Case***
6:15-7:15 YS *	Power Vinyasa *Linda Bomar*
7:30-8:15 YS *	Pilates Fusion *Taylor Young*

TUESDAY

5:45-6:30 TR *	Precision Run® *Melanie Rosner*
6:00-6:45 YS *	**Athletic Conditioning** ***Maddie Dougherty***
6:15-7:00 CS *	Beats Ride *Howard Ketelson*
7:00-7:45 TR *	Precision Run® *Melanie Rosner*
7:00-7:45 YS *	True Barre: Bala Bangle *Matt Araiza*
8:15-9:00 YS *	**Tabata Max** ***Alexa Snelleman***
9:15-10:00 YS *	Barefoot Sculpt *Loren Bassett*
10:00-10:45 TR *	**Precision Run + Strength** ***David Case***
11:00-11:45 YS *	Pilates Fusion *Chelsea Smith*
12:00-12:45 YS *	Barefoot Sculpt: The Ring *Chelsea Smith*
12:15-1:00 TR *	**Precision Run®** ***Ramey Price***
4:45-5:30 YS *	Barefoot Sculpt *Courtney Bartolomei*
5:30-6:15 TR *	Precision Run® *Melanie Rosner*
5:45-6:30 CS *	Beats Ride *Grace Sells*
5:45-6:30 YS *	Pilates Fusion *Kelley Rambin*
7:00-8:00 YS *	Vinyasa Yoga *Thomas Renner*

WEDNESDAY

5:45-6:30 TR *	**Precision Run + Strength** ***Maddie Dougherty***
6:15-7:00 YS *	**Sculpted Yoga™ (Heated)** ***Amanda Johnson***
6:30-7:15 CS *	Beats Ride *Melanie Rosner*
7:15-8:00 YS *	**Best Butt Ever** ***Maddie Dougherty***
8:15-9:00 YS *	**Pilates at the Barre** ***Amanda Johnson***
9:15-10:00 YS *	**True Barre** ***Audresha Lynn***
10:15-11:00 TR *	**Precision Walk: Elevate** ***Audresha Lynn***
10:15-11:00 YS *	**Vinyasa Yoga** ***Linda Bomar***
11:15-12:00 YS *	**Barefoot Sculpt** ***Rachel Gaspar***
12:00-12:45 TR *	**Precision Run + Strength** ***Maddie Dougherty***
12:15-1:00 YS *	Pilates Mat *Lauren Gibbs*
4:00-4:45 YS *	**True Barre** ***Audresha Lynn***
5:00-5:45 YS *	Pilates Mat (Heated) *Dean Husted*
5:30-6:15 CS *	Beats Ride *Melanie Rosner*
6:00-6:45 TR *	Precision Walk: Elevate *David Case*
6:15-7:15 YS *	Power Vinyasa (Heated) *Emma Parkin*
7:30-8:15 YS *	True Barre: Bala Bangle *Taylor Young*

THURSDAY

5:45-6:30 TR *	Precision Run® *Kayla Matt*
6:00-6:45 YS *	**Tabata Max** ***Alexa Snelleman***
6:15-7:00 CS *	Beats Ride *Howard Ketelson*
7:00-7:45 TR *	**Precision Run®** ***Ramey Price***
7:00-7:45 YS *	True Barre: Off the Barre *Matt Araiza*
8:15-9:00 YS *	**MetCon3** ***Mark Finochiaro***
9:15-10:00 YS *	Pilates Rise *Audresha Lynn*
11:00-11:45 YS *	True Barre *Matt Araiza*
12:00-1:00 YS *	Gentle Yoga *Thomas Renner*
12:15-1:00 TR *	**Precision Walk: Elevate + Strength** ***Audresha Lynn***
4:45-5:30 YS *	**Barefoot Sculpt** ***Courtney Cayton***
5:30-6:15 TR *	Precision Walk: Elevate *Ramey Price*
5:45-6:30 CS *	Beats Ride *Jill Sabella*
5:45-6:35 YS *	Pilates at the Barre *Kim Stevens*
6:30-7:15 TR *	**Precision Run + Strength** ***Maddie Dougherty***
7:00-7:45 YS *	Yin Yoga Meditation *Billy Gill*

FRIDAY

6:00-6:45 TR *	Precision Run® *Maddie Dougherty*
6:15-7:05 YS *	Pilates Rise (Heated) *Kristin Crowder*
6:30-7:15 CS *	Beats Ride *Jessica Becchetti*
7:15-8:00 YS *	**Stacked** ***Prince Ukoh***
8:00-8:45 TR *	**Precision Run®** ***Ramey Price***
9:00-9:45 CS *	**Beats Ride** ***Jill Sabella***
9:00-9:45 YS *	Pilates Mat *Dean Husted*
10:00-11:00 YS *	Vinyasa Yoga *Loren Bassett*
12:00-12:45 TR *	**Precision Run + Strength** ***David Case***
12:15-1:00 YS *	True Barre *Matt Araiza*
1:00-1:45 CL *	**The Rig: Circuit** ***David Case***
1:15-2:00 YS *	Pilates Fusion *Chelsea Smith*
5:15-6:00 YS *	Pilates Fusion *Rachael Fallon (TX)*
6:15-7:15 YS *	Iyengar Yoga *Deidra Demens*

SATURDAY

8:30-9:15 TR *	Precision Run® *Jessica Becchetti*
8:45-9:30 YS *	Pilates Mat *Audresha Lynn*
9:00-9:45 CS *	Beats Ride *Jill Sabella*
10:00-11:00 YS *	Vinyasa Yoga (Heated) *Bobby Candelas*
10:15-11:00 TR *	**Precision Walk: Elevate** ***Ramey Price***
10:30-11:30 CS *	Beats Ride 60 *Howard Ketelson*
11:15-12:00 YS *	Power Vinyasa (Heated) *Loren Bassett*
12:15-1:00 YS *	Barefoot Sculpt *Fallon Reedy*
12:30-1:20 BR *	**Rounds: Boxing** ***Chris X***
4:00-5:00 YS *	Vinyasa Yoga *Linda Bomar*

SUNDAY

9:00-9:45 BR *	**Cardio Boxing** ***Chris X***
9:15-10:15 CL *	Precision Run Club (Outdoor) *Maddie Dougherty*
9:15-10:00 YS *	True Barre: Bala Bangle *Kim Stevens*
9:30-10:15 CS *	Beats Ride *Matt Araiza*
10:00-10:45 BR *	**Cardio Boxing** ***Chris X***
10:15-11:00 TR *	Precision Walk: Elevate *Maddie Dougherty*
11:15-12:00 YS *	**Body Sculpt** ***Maddie Dougherty***
12:15-1:00 YS *	**Pilates Rise** ***Rachael Fallon (TX)***
3:00-4:00 YS *	Vinyasa Yoga *Amanda Johnson*
4:30-5:15 YS *	Sonic Meditation *Amanda Johnson*

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

EQUINOX

HIGHLAND PARK DALLAS

4023 Oak Lawn Avenue

DALLAS TX 75219

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 11:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SAT 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

audresha.pemberton@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

CL Club Lobby

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.
Beats Ride 60 An extended rhythmic cycling class so you can ride those extra miles to 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.
Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.
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.
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 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.



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.
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.



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 Club Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. An Equinox exclusive.
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.
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.
The Rig: Circuit A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.



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.
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.



Regeneration

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.



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.