EQUINOX **RIVER OAKS**

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 *	Leg Day *Julie Harrish*
6:45-7:00 MS *	Upper Body Pump *Julie Harrish*
6:45-7:35 TR *	Precision Walk: Elevate *Adena Muncey*
7:00-7:45 BA *	True Barre *Andrea Oregon*
9:00-9:45 MS *	MetCon Monday *Callie Griffin*
9:30-10:20 TR *	Fully Vested *Ashley Horwitz*
10:30-11:15 BA *	Barefoot Sculpt: The Ring *Natasha Ponciano*
11:45-12:45 YS *	**Vinyasa Yoga (Heated)** ***Natasha Ponciano***
12:00-12:45 MS *	Stronger *Callie Griffin*
5:00-5:50 BA *	Pilates at the Barre *Becky Riddle*
5:15-6:05 MS *	Stronger *Julie Harrish*
5:45-6:30 CS *	Beats Ride *Chris Felix*
6:00-6:50 BA *	Pilates Rise *Kristen Talictic*
6:00-6:50 TR *	Precision Run + Strength *David Siik*
6:15-7:00 MS *	Core6 *Becky Riddle*
6:30-7:30 YS *	Sculpted Yoga™ (Heated) *Patrick Massey*

TUESDAY

6:00-6:50 TR *	Precision Run® *Mylana Hearn*
6:15-7:00 MS *	MetCon3 *Devin Ladyga*
7:00-7:45 BA *	Barefoot Sculpt *DK*
9:00-9:45 MS *	Stacked *Ashley Horwitz*
10:30-11:15 BA *	True Barre: Bala Bangle *DK*
11:45-12:35 MS *	Body Sculpt *Ashley Horwitz*
12:00-1:00 YS *	Vinyasa Yoga *Adena Muncey*
5:30-6:20 TR *	Switch Up: Run + Strength *Ashley Horwitz*
5:30-6:20 YS *	Pilates Mat (Heated) *David E McClintock*
6:00-6:45 BA *	True Barre *Tyler Barbier*
6:00-6:45 CS *	Beats Ride *DK*
6:30-7:15 MS *	Leg Day *Callie Griffin*
7:00-8:00 YS *	Yin Yoga Meditation *DK*
7:15-7:30 MS *	Upper Body Pump *Callie Griffin*

WEDNESDAY

6:00-6:45 MS *	Stacked *Julie Harrish*
6:45-7:35 TR *	Precision Walk: Elevate *David Siik*
7:00-7:45 BA *	True Barre: Bala Bangle *Becky Riddle*
9:00-9:45 MS *	Leg Day *Becky Riddle*
9:30-10:20 TR *	Precision Run + Strength *David Siik*
9:45-10:00 MS *	Upper Body Pump *Becky Riddle*
10:30-11:20 BA *	Pilates Rise *Kristen Talictic*
11:45-12:35 BA *	Pilates at the Barre *Becky Riddle*
12:00-12:50 TR *	Precision Walk: Elevate + Strength *Mylana Hearn*
5:00-5:45 BA *	Barefoot Sculpt: The Ring *Tyler Barbier*
5:15-6:00 MS *	Stacked *Chloe Burke*
6:00-6:50 BA *	Pilates at the Barre *Tyler Barbier*
6:00-6:50 TR *	Fully Vested *Callie Griffin*
6:15-6:45 MS *	Best Butt Ever *Devin Ladyga*
6:30-7:30 YS *	Vinyasa Yoga (Heated) *Patrick Massey*
6:45-7:00 MS *	Upper Body Pump *Devin Ladyga*
7:00-7:15 MS *	Best Abs Ever *Devin Ladyga*

THURSDAY

6:00-6:50 TR *	Precision Run® *Mylana Hearn*
6:15-7:00 MS *	Stronger *Devin Ladyga*
7:00-7:50 BA *	Pilates at the Barre *DK*
9:00-9:50 MS *	Cardio Sculpt *Ashley Horwitz*
10:30-11:15 BA *	True Barre *DK*
11:45-12:30 MS *	Pure Strength *Ashley Horwitz*
12:00-1:00 YS *	Vinyasa Yoga *Adena Muncey*
5:30-6:20 MS *	Cardio Sculpt *Callie Griffin*
5:30-6:20 TR *	Precision Run® *David Siik*
5:30-6:20 YS *	Pilates Mat (Heated) *Becky Riddle*
6:00-6:45 BA *	True Barre: Bala Bangle *Andrea Oregon*
6:00-6:45 CS *	Beats Ride *Serena George*
6:30-7:20 MS *	Stronger *Chloe Burke*
7:00-8:00 YS *	Restorative Yoga *Andrea Oregon*

FRIDAY

6:30-7:20 YS *	Sunrise Vinyasa Yoga *Adena Muncey*
6:45-7:35 TR *	Fully Vested *David Siik*
7:00-7:45 BA *	Barefoot Sculpt: The Ring *Becky Riddle*
9:00-9:50 MS *	Stronger *Callie Griffin*
9:30-10:20 TR *	Precision Run® *David Siik*
10:30-11:20 BA *	Pilates at the Barre *DK*
11:45-12:45 YS *	Sculpted Yoga™ *Megan Merriam*
12:00-12:45 MS *	MetCon3 *Chloe Sandoval*
4:30-5:15 BA *	Barefoot Sculpt *Andrea Oregon*
5:30-6:20 RG *	The Rig: Circuit *Callie Griffin*
5:45-6:45 YS *	Vinyasa Yoga *Amanda Benavides*

SATURDAY

8:00-9:00 MS *	Body Sculpt (L3) *Ashley Horwitz*
9:00-10:00 YS *	Vinyasa Yoga *Val Feachen*
9:15-10:00 MS *	Stronger *Devin Ladyga*
9:30-10:15 CS *	Beats Ride *Ashley Horwitz*
9:30-10:20 TR *	Fully Vested *Mylana Hearn*
10:00-10:45 BA *	True Barre *DK*
10:15-11:15 YS *	Restorative Yoga *Amanda Benavides*
11:00-11:50 BA *	Pilates Rise *Becky Riddle*
11:00-11:50 MS *	Rounds: Bags and Mitts *Callie Griffin*
11:30-12:30 YS *	Sonic Meditation *DK*
12:00-12:45 BA *	Barefoot Sculpt: The Ring *Becky Riddle*

SUNDAY

9:30-10:15 MS *	Stacked *Chloe Burke*
10:00-10:50 TR *	Precision Walk: Elevate *Jes Chen*
10:30-11:20 MS *	Stronger *Chloe Burke*
10:30-11:30 YS *	Restorative Yoga *Patrick Massey*
11:00-11:45 BA *	True Barre: Bala Bangle *Tyler Barbier*
12:00-12:50 BA *	Pilates at the Barre *Tyler Barbier*
12:00-1:00 YS *	Vinyasa Yoga (Heated) *Lindsay Maher*
4:00-4:30 MS *	Best Butt Ever *Julie Harrish*
4:30-4:45 MS *	Upper Body Pump *Julie Harrish*
4:45-5:00 MS *	Best Abs Ever *Julie Harrish*
5:15-6:15 YS *	Weekend Wind Down Yoga *Julie Harrish*

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

EQUINOX

RIVER OAKS

4444 Westheimer Road

HOUSTON TX 77027

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

ashley.horwitz@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

RG The Rig

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

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.
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.
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.
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 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.

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.
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

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals 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.

Running

Fully Vested Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive
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.
Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. 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.

Pilates

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.

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.

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.
Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.