EQUINOX **PLANO**

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 YS * — Pilates Rise (Heated) — *Kristin Crowder*

6:00-6:45 MS * — Cardio Kickboxing — *Lindsey Lidiak*

6:15-7:05 PR * — Precision Run® — *Thomas Renner*

7:45-8:35 MS * — Stronger — *Natalie Eliason*

8:30-9:20 PR * — Precision Run + Strength — *Kayla Matt*

8:30-9:15 YS * — True Barre: Off the Barre (Heated) — *Rachel Gaspar*

9:30-10:15 MS * — Rhythmic Sculpt — *Liz Terry*

10:30-11:20 YS * — Pilates Rise — *Kristin Crowder*

12:00-12:45 YS * — True Barre — *Kelley Rambin*

12:15-12:45 MS * — Best Butt Ever — *Mark Finochiaro*

12:45-1:15 MS * — Upper Body Pump — *Mark Finochiaro*

4:30-5:15 YS * — True Barre — *Kelley Rambin*

4:45-5:30 MS * — **Rounds: Bags and Mitts** — ***Jack Walkowski***

5:30-6:15 PR * — Precision Walk: Elevate — *Kristin Crowder*

5:30-6:15 YS * — Pilates Fusion — *Amanda Johnson*

6:00-6:45 MS * — **Stacked** — ***Jessica Becchetti***

6:15-7:00 CS * — Anthem Ride — *Grace Sells*

6:45-7:45 PG * — Slow Flow Yoga (Outdoor) — *Amanda Johnson*

TUESDAY

5:30-6:20 PR * — Precision Run® — *Lindsey Lidiak*

6:30-7:20 PG * — Circuit Training (Outdoor) — *Mark Finochiaro*

6:45-7:30 YS * — True Barre — *Rachel Gaspar*

8:00-8:45 MS * — Cardio Sculpt — *Cassie Doom*

8:15-9:00 YS * — Pilates Fusion — *Courtney Bartolomei*

8:30-9:15 CS * — Beats Ride — *Beth Jaques*

9:00-9:45 MS * — Leg Day — *Ramey Price*

9:15-10:15 YS * — Power Vinyasa — *Thomas Renner*

10:30-11:15 YS * — Barefoot Sculpt: The Ring — *Cassie Doom*

12:00-12:50 MS * — Stronger — *Katie Sholty*

12:15-1:00 YS * — Pilates Fusion (Heated) — *Kim Stevens*

5:00-5:45 MS * — Stronger — *Natalie Eliason*

5:15-6:00 YS * — Barefoot Sculpt (Heated) — *Loren Bassett*

5:45-6:30 PR * — Fully Vested — *Greg Cohen*

6:00-6:45 CS * — Beats Ride — *Lindsey Lidiak*

6:00-6:45 MS * — Best Stretch Ever — *Natalie Eliason*

6:45-7:45 YS * — Vinyasa Yoga (Heated) — *Katie Sholty*

WEDNESDAY

5:45-6:45 YS * — Power Vinyasa (Heated) — *Kristin Crowder*

6:00-6:50 MS * — Stronger — *Elena Hernandez*

6:15-7:05 PR * — Precision Run® — *Kayla Matt*

7:45-8:30 MS * — MetCon3 — *Mark Finochiaro*

8:30-9:20 PR * — Precision Walk: Elevate + Strength — *Kayla Matt*

8:30-9:15 YS * — True Barre — *Liz Terry*

9:30-10:20 MS * — Stronger Women — *Katie Sholty*

10:30-11:30 YS * — Slow Flow Yoga (Heated) — *Amanda Johnson*

12:00-12:50 YS * — Pilates at the Barre — *Amanda Johnson*

12:15-1:00 PG * — Pure Strength (Outdoor) — *David Case*

4:30-5:15 YS * — Barefoot Sculpt: The Ring (Heated) — *Tiana Watson*

4:45-5:15 MS * — Upper Body Pump — *Jessica Becchetti*

5:15-5:45 MS * — Best Butt Ever — *Jessica Becchetti*

5:30-6:20 PR * — Precision Run + Strength — *Kailyn Lee*

5:30-6:15 YS * — Pilates Rise (Heated) — *Kristin Crowder*

6:00-6:45 MS * — Rounds: Boxing — *Greg Cohen*

6:45-7:45 PG * — Vinyasa Yoga (Outdoor) — *Kristin Crowder*

7:00-8:00 MS * — Cardio Dance — *Dez Purnell*

THURSDAY

5:30-6:20 PR * — Precision Run® — *Thomas Renner*

6:30-7:15 PG * — Pure Strength (Outdoor) — *Kristin Crowder*

6:45-7:30 YS * — True Barre — *Taylor Young*

8:00-8:45 MS * — Body Sculpt — *Liz Terry*

8:15-9:00 YS * — Pilates at the Barre — *Kristin Crowder*

9:00-9:45 MS * — Best Stretch Ever — *Loren Bassett*

10:30-11:15 YS * — Pilates Mat — *Kelley Rambin*

12:00-12:45 MS * — Body Sculpt — *Natalie Eliason*

12:15-1:00 YS * — Barefoot Sculpt (Heated) — *Loren Bassett*

5:00-5:45 MS * — Body Sculpt — *Kelley Rambin*

5:15-6:15 YS * — Power Vinyasa (Heated) — *Katie Sholty*

5:45-6:35 PR * — Precision Walk: Elevate + Strength — *Lindsey Lidiak*

6:00-6:45 CS * — Beats Ride — *Grace Sells*

6:00-6:50 MS * — Stronger — *Greg Cohen*

6:45-7:45 YS * — Yin Yoga Meditation — *Katie Sholty*

FRIDAY

6:00-6:30 MS * — Upper Body Pump — *Cassie Doom*

6:15-7:05 PR * — Precision Run® — *Mark Finochiaro*

6:30-7:15 CS * — Beats Ride — *Melanie Rosner*

6:30-6:45 MS * — Best Abs Ever — *Cassie Doom*

7:45-8:30 MS * — Leg Day — *Mark Finochiaro*

8:30-9:20 PR * — Precision Run® — *Cassie Doom*

8:30-9:15 YS * — Barefoot Sculpt: The Ring (Heated) — *Rachel Gaspar*

9:30-10:00 MS * — Upper Body Pump — *Beth Jaques*

10:00-10:30 MS * — Best Butt Ever — *Beth Jaques*

10:30-11:30 YS * — Vinyasa Yoga — *Linda Bomar*

12:00-12:45 YS * — Pilates Mat — *Amanda Johnson*

12:15-1:00 MS * — Stacked — *Beth Jaques*

4:00-5:00 YS * — Power Vinyasa (Heated) — *Kristin Crowder*

5:15-6:00 PR * — Fully Vested — *Lindsey Lidiak*

5:30-6:15 YS * — Sonic Meditation — *Kristin Crowder*

SATURDAY

7:30-8:15 MS * — **Body Sculpt** — ***Hannah Bankhead***

8:00-9:00 YS * — **Vinyasa Yoga (Heated)** — ***Team Equinox***

8:30-9:15 MS * — **Stacked** — ***Hannah Bankhead***

9:00-9:45 PR * — Fully Vested — *Kayla Matt*

9:15-10:00 CS * — Beats Ride — *Courtney Copeland*

9:15-10:00 YS * — Pilates Fusion — *Kelley Rambin*

9:30-10:20 MS * — Circuit Training — *Kristin Crowder*

10:15-11:00 YS * — True Barre — *Kim Stevens*

10:30-11:15 PR * — Precision Run + Strength — *Kayla Matt*

11:15-12:30 YS * — Power Vinyasa — *Kristin Crowder*

12:45-1:30 YS * — True Barre: Bala Bangle — *Kelley Rambin*

SUNDAY

8:00-8:45 PR * — Precision Run + Strength — *Kayla Matt*

8:30-9:30 YS * — Vinyasa Yoga (Heated) — *Kristin Crowder*

9:00-9:30 MS * — Upper Body Pump — *Elena Hernandez*

9:15-10:05 PR * — Precision Run® — *Kayla Matt*

9:30-10:00 MS * — Core6 Express — *Elena Hernandez*

10:00-10:45 YS * — Pilates Mat (Heated) — *Amanda Johnson*

10:15-11:00 MS * — Leg Day — *Greg Cohen*

10:30-11:15 CS * — Beats Ride — *Beth Jaques*

11:15-12:00 MS * — Rounds: Boxing — *Greg Cohen*

11:15-12:00 YS * — Yin Yoga + Sound Meditation — *Amanda Johnson*

12:30-1:20 YS * — Pilates at the Barre — *Amanda Johnson*

1:00-2:00 MS * — **Cardio Dance** — ***Amber Key***

3:00-4:00 MS * — Best Stretch Ever — *Katie Sholty*

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EQUINOX

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6109 West Park Boulevard

PLANO TX 75093

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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-FRI 08:00 AM 01:00 PM

SAT 07:30 AM 01:00 PM

GROUP FITNESS MANAGER

kelley.rambin@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

PG The Playground

PR PR Lab

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.
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.
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 + 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.
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.

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.
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.
Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women’s performance program. Optimized for women, but open to all. 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

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.

HIIT

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.

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.

Boxing

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.
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.
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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.