

# EQUINOX

AUSTIN

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

**KEY** Studio key on back

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 True Barre (Heated) YS * Veronika Cohen	6:15-7:00 Barefoot Sculpt YS * Annie Murray	6:00-6:45 Pilates Fusion (Heated) YS * Carolina Sanper	6:15-7:00 Barefoot Sculpt Veronika Cohen	6:15-7:05 Limited Series: Stronger Women	8:15-9:00 <b>Core6</b> <b>Elese Rose</b>	8:30-9:15 True Barre Jesse Lujan
6:15-7:05 Stronger MS * Mikaela Harper	6:30-7:15 Athletic Conditioning MS * Veronika Cohen	6:15-7:00 <b>Best Butt Ever</b> <b>Mikaela Harper</b>	6:30-7:15 Tabata Max MS *	Veronika Cohen	8:30-9:20 True Barre Anna Gammill	9:30-10:15 Pilates Mat Monique French
7:15-8:30 <b>True Barre: Bala Bangle</b> YS * Jesse Lujan	7:15-8:00 Pilates Rise (Heated) YS * Monique French	6:30-7:20 Beats Ride CS *	7:15-8:00 <b>Pilates Fusion (Heated)</b> <b>Annie Murray</b>	6:30-7:30 Precision Run Club CL *	9:15-10:15 Best Butt Ever Emma Leeker	10:00-10:50 Beats Ride CS *
7:30-8:20 <b>Ropes and Rowers</b> MS * <b>Elese Rose</b>	7:30-8:15 MetCon3 MS * Angela Foster	7:15-8:15 Power Vinyasa (Heated)	7:30-8:20 Stronger Matt Pare	7:15-8:00 Pilates Fusion YS *	10:15-10:05 Precision Run® Jaime Rauso	10:30-11:15 MetCon3 Mikaela Harper
8:45-9:30 Pilates Fusion YS * Anna Gammill	8:30-9:15 Barefoot Sculpt Christine Goodrich	7:30-8:20 <b>Whipped!</b> <b>Emma Leeker</b>	8:30-9:15 True Barre: Bala Bangle Veronika Cohen	8:00-8:45 Beats Ride CS *	10:00-11:00 Power Vinyasa (Heated)	10:30-11:15 Athletic Stretch (Heated)
9:15-10:00 Body Sculpt MS * Emma Leeker	9:15-10:00 <b>Cardio Sculpt</b> <b>Mikaela Harper</b>	8:45-9:30 Pilates Fusion (Heated)	9:15-10:00 Best Butt Ever MS *	8:45-9:30 True Barre YS *	10:15-11:00 Beats + Bands Ride CS *	11:30-12:15 Stronger Mikaela Harper
10:30-11:15 <b>Barefoot Sculpt (Heated)</b> YS * <b>Molly Hentz</b>	9:30-10:15 <b>True Barre</b> <b>Elese Rose</b>	9:15-10:05 Stronger Emma Leeker	9:30-10:15 <b>Pilates Mat</b> <b>Cassie Coulas</b>	9:15-10:00 <b>Athletic Conditioning</b> <b>Ryan Adams</b>	10:15-11:00 Tabata Max MS *	12:30-1:30 Power Vinyasa Julia Veronesi
12:00-12:45 Pilates Mat YS * Anna Gammill	12:00-12:45 Kettlebell Power MS * Elese Rose	11:30-12:15 <b>Beats Ride</b> <b>Melissa Belche</b>	12:00-12:45 Body Sculpt Michael Carson	11:30-12:15 <b>Beats Ride</b> <b>Whitney Roberts</b>	11:15-12:05 Stronger MS *	2:00-2:45 True Barre: Bala Bangle YS * Jesse Lujan
12:15-1:00 Stronger MS * Mikaela Harper	12:30-1:15 Pilates at the Barre Cassie Coulas	12:00-12:45 True Barre Whitney Roberts	12:30-1:15 Pilates at the Barre Cassie Coulas	12:00-1:00 Vinyasa Yoga (Heated) Vanush	11:30-12:30 Weekend Wind Down Yoga	3:30-4:45 Yin Yoga (Heated) Vanush
2:45-3:30 <b>Pilates Rise</b> YS * <b>Monique French</b>	4:00-4:45 <b>Precision Walk: Elevate</b> <b>Michael Carson</b>	12:15-1:00 MetCon3 Mikaela Harper	4:00-5:00 Power Vinyasa (Heated)	12:30-1:15 Best Butt Ever MS *	12:30-1:15 <b>Rounds: Boxing</b> <b>Isaac Salinas</b>	
4:00-4:45 Vinyasa Yoga YS * <b>Julia Veronesi</b>	4:00-5:00 Power Vinyasa (Heated)	2:45-3:30 Barefoot Sculpt Emma Leeker	4:00-5:00 YS *	4:00-4:45 True Barre Whitney Roberts	1:00-1:45 Pilates Mat YS *	
5:00-5:45 Body Sculpt MS * John Northstar	5:00-5:50 Power Vinyasa YS *	5:00-4:45 <b>Pilates Mat</b> <b>Molly Hentz</b>	5:00-5:45 YS *	5:00-5:45 Stronger Veronika Cohen	2:15-3:15 Vinyasa Yoga Vanush	
5:00-6:00 Power Vinyasa (Heated)	5:00-5:45 360 Strength MS *	4:00-4:45 MetCon3 Veronika Cohen	5:30-6:20 Beats Ride Alex McCall	4:00-4:45 Barefoot Sculpt (Heated)		
YS * Julia Veronesi	5:30-6:20 Beats Ride Whitney Roberts	5:00-5:45 MS *	5:30-6:15 True Barre Elese Rose	5:30-6:20 YS *		
5:15-6:05 Beats Ride CS * Whitney Roberts	5:30-6:15 True Barre: Bala Bangle Elese Rose	5:00-6:00 YS *	5:30-6:15 YS *	5:30-6:45 Vinyasa Yoga Morgan Bosworth		
6:00-6:45 MetCon Monday MS * Emma Leeker	6:15-7:05 <b>Stronger</b> <b>John Northstar</b>	5:45-6:35 Beats Ride Alex McCall	6:15-7:00 Stacked John Northstar			
6:00-6:50 Precision Run® TR * Jaime Rauso	6:45-7:45 Vinyasa Yoga YS *	6:00-6:45 Core6 Michael Carson	6:45-7:45 <b>Vinyasa Yoga (Heated)</b> <b>Ryan Adams</b>			
6:15-7:00 Pilates Fusion YS * Mikaela Harper	6:00-6:45 Restorative Yoga Keli Dierings	6:00-6:50 Precision Run® TR *	8:00-8:45 Yin Yoga Meditation (Heated)			
6:30-7:20 Beats Ride CS * Christine Goodrich	8:00-8:45 YS *	6:15-7:00 Jaime Rauso	6:00-6:45 Keli Dierings			
7:15-8:30 Vinyasa Yoga (Heated) YS *	7:15-8:15 YS *	7:15-8:15 YS *	7:15-8:15 Yin Yoga (Heated) Bea Love			

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

# EQUNOX

## AUSTIN

1007 South Congress Avenue, Suite 100

AUSTIN TX 78704

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 06:00 PM

## GENERAL MANAGER

Victoria Engel

victoria.engel@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

### STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CL Club Lobby

### CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Beats + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

## Running

**Precision Run Club** Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. 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.

## 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.

**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.

**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** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**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

**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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells 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.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

**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.

## 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 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.

## 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.

## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

## Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, VIPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**Limited Series: Stronger Women** Introducing 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.

**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.