EQUINOX **AUSTIN**

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 YS *	**Barefoot Sculpt** ***Mikaela Harper***
6:15-7:05 MS *	Stronger *Veronika Cohen*
7:15-8:05 YS *	Pilates at the Barre *Carolina Sanper*
7:30-8:15 MS *	MetCon Monday *Lauren Hart*
8:45-9:30 YS *	Power Vinyasa (Heated) *Alexa Eskinazi*
9:30-10:00 MS *	Upper Body Pump *Emma Leeker*
10:00-10:30 MS *	Best Butt Ever *Emma Leeker*
10:30-11:15 YS *	**Barefoot Sculpt** ***Cassie Coulas***
12:00-12:45 YS *	Pilates Mat *Anna Gammill*
12:15-1:05 MS *	Stronger *Emma Leeker*
2:45-3:30 YS *	True Barre: Bala Bangle *Whitney Roberts*
4:00-4:45 YS *	**Barefoot Sculpt: The Ring** ***Carolina Sanper***
5:00-5:45 MS *	Body Sculpt *John Northstar*
5:00-6:00 YS *	**Power Vinyasa (Heated)** ***Elese Rose***
5:45-6:30 CS *	Beats Ride *Kathy Redden*
6:00-6:45 MS *	Best Butt Ever *Charlotte Kallerman*
6:00-6:50 TR *	Precision Run® *Jaime Rauso*
6:15-7:00 YS *	Pilates Fusion (Heated) *Cassie Coulas*
7:15-8:15 YS *	Slow Flow Yoga *Rey Allie*

TUESDAY

6:00-6:45 CS *	**Beats Ride** ***Kathy Redden***
6:00-6:50 TR *	Precision Walk: Elevate *Jaime Rauso*
6:15-7:00 YS *	Barefoot Sculpt: The Ring *Annie Murray*
6:30-7:15 MS *	**Stacked** ***Veronika Cohen***
7:15-8:00 YS *	Pilates Rise (Heated) *Monique French*
7:30-8:15 MS *	Body Sculpt *Mikaela Harper*
8:45-9:30 TR *	Precision Run® *Mikaela Harper*
9:00-9:45 YS *	True Barre *Elese Rose*
10:45-11:30 YS *	Pilates Mat *Cassie Coulas*
12:00-12:45 MS *	**Best Butt Ever** ***Michelle Osborne***
12:30-1:15 YS *	Barefoot Sculpt *Carolina Sanper*
4:00-5:00 YS *	**Power Vinyasa (Heated)** ***Keli Dierings***
4:15-5:00 MS *	**Stacked** ***Mikaela Harper***
5:15-5:45 MS *	**Leg Day 30** ***Veronika Cohen***
5:30-6:15 CS *	**Beats Ride** ***Whitney Roberts***
5:30-6:15 YS *	True Barre: Bala Bangle *Anna Gammill*
5:45-6:00 MS *	**Best Abs Ever** ***Veronika Cohen***
6:15-7:05 MS *	Stronger *John Northstar*
6:30-7:30 YS *	Vinyasa Yoga *Lauren Brown*
7:45-8:30 YS *	Pilates Rise (Heated) *Cassie Coulas*

WEDNESDAY

6:00-6:45 YS *	Pilates Fusion (Heated) *Carolina Sanper*
6:15-7:00 MS *	MetCon3 *Lauren Hart*
7:15-8:05 YS *	Sculpted Yoga™ (Heated) *Elese Rose*
7:30-8:15 MS *	Leg Day *Emma Leeker*
8:45-9:30 YS *	Barefoot Sculpt (Heated) *Aubree Mitchell*
9:30-10:20 MS *	Stronger *Elese Rose*
10:30-11:30 YS *	**Vinyasa Yoga** ***Monique French***
12:00-12:45 YS *	True Barre: Bala Bangle *Whitney Roberts*
12:15-1:00 MS *	**Body Sculpt** ***Mikaela Harper***
2:45-3:30 YS *	Barefoot Sculpt (Heated) *Emma Leeker*
4:00-4:45 YS *	**Pilates Fusion** ***Elese Rose***
5:00-5:45 MS *	Cardio Sculpt *Veronika Cohen*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Vanush*
5:45-6:30 CS *	Beats Ride *Alex McCall*
6:00-6:45 MS *	Rounds: Boxing *Isaac Salinas*
6:00-6:50 TR *	Precision Run® *Jaime Rauso*
6:15-7:00 YS *	Barefoot Sculpt: The Ring (Heated) *Monique French*
7:15-8:15 YS *	Yin Yoga (Heated) *Bea Love*

THURSDAY

6:00-6:50 TR *	Precision Run® *Jaime Rauso*
6:15-7:00 YS *	True Barre: Bala Bangle *Veronika Cohen*
6:30-7:15 MS *	Best Butt Ever *Mikaela Harper*
7:15-8:00 YS *	Barefoot Sculpt *Annie Murray*
7:30-8:20 MS *	Stronger *Matt Parel*
8:45-9:30 TR *	Precision Run® *Michelle Osborne*
9:00-9:45 YS *	Pilates Mat *Cassie Coulas*
10:45-11:30 YS *	**True Barre** ***Whitney Roberts***
12:00-12:45 MS *	Stacked *John Northstar*
12:30-1:30 YS *	Vinyasa Yoga *Vanush*
4:00-4:45 YS *	Pilates Fusion *Mikaela Harper*
4:15-5:00 MS *	**MetCon3** ***RJ Teijeiro***
5:15-6:05 MS *	Stronger *Emma Leeker*
5:30-6:15 CS *	Beats + Bands Ride *Alex McCall*
5:30-6:15 YS *	**True Barre** ***Kelly Schill***
6:15-6:45 MS *	Upper Body Pump *John Northstar*
6:30-7:30 YS *	Power Vinyasa (Heated) *Elese Rose*
6:45-7:15 MS *	Core6 Express *John Northstar*
7:45-8:30 YS *	Sonic Meditation *Keli Dierings*

FRIDAY

6:15-6:45 MS *	Core6 Express *Veronika Cohen*
6:45-7:15 MS *	Upper Body Pump *Veronika Cohen*
7:15-8:00 YS *	Pilates Fusion *Carolina Sanper*
7:30-8:15 MS *	Best Butt Ever *Emma Leeker*
7:45-8:30 CS *	Beats Ride *Kathy Redden*
9:30-10:15 MS *	**MetCon3** ***RJ Teijeiro***
10:30-11:15 YS *	**Pilates Mat (Heated)** ***Elese Rose***
12:00-1:00 YS *	Vinyasa Yoga (Heated) *Vanush*
12:15-1:00 MS *	Athletic Conditioning *Ayemere Oiyemhonlan*
2:45-3:35 YS *	Pilates at the Barre *Monique French*
4:00-4:45 YS *	Barefoot Sculpt: The Ring (Heated) *Emma Leeker*
5:30-6:45 YS *	Yin Yoga *Keli Dierings*

SATURDAY

9:00-9:45 YS *	True Barre *Anna Gammill*
9:15-10:00 MS *	Best Butt Ever *Elese Rose*
9:30-10:20 TR *	Precision Run® *Jaime Rauso*
10:00-11:00 YS *	Power Vinyasa (Heated) *Monique French*
10:15-11:00 CS *	Beats + Bands Ride *Annie Murray*
10:15-11:00 MS *	**Stacked** ***Mikaela Harper***
11:15-12:05 MS *	Stronger *Elese Rose*
11:30-12:15 YS *	Barefoot Sculpt: The Ring (Heated) *Mikaela Harper*
12:30-1:15 MS *	Rounds: Boxing *Isaac Salinas*
12:30-1:15 YS *	Pilates Mat *Anna Gammill*
1:30-2:30 YS *	Restorative Yoga *Vanush*

SUNDAY

9:30-10:15 YS *	Pilates Fusion *Annie Murray*
9:45-10:30 MS *	**MetCon3** ***Charlotte Kallerman***
10:00-10:45 CS *	Beats Ride *Alex McCall*
10:30-11:20 TR *	**Precision Walk: Elevate** ***RJ Teijeiro***
10:30-11:30 YS *	Athletic Stretch (Heated) *Lauren Brown*
11:30-12:15 MS *	Body Sculpt *Mikaela Harper*
12:00-1:00 YS *	**Power Vinyasa (Heated)** ***Alexa Eskinazi***
12:30-1:15 MS *	**Studio Dance: Latin Rhythms** ***Erika Martinez***
1:15-2:00 YS *	**Barefoot Sculpt: The Ring** ***Anna Gammill***
2:15-3:00 YS *	True Barre *Kelly Schill*
3:30-4:45 YS *	Yin Yoga (Heated) *Vanush*

EQUINOX

AUSTIN

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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

GROUP FITNESS MANAGER

elese.rose@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga 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 + 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.

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

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.

Dance

Studio Dance: Latin Rhythms A choreography-driven dance class using the Latin dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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.
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.
Leg Day 30 Thirty minutes of lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.

Running

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.

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 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.
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.

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.

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.