EQUINOX **PASADENA**

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

6:15-6:45 MS * — Quick HIIT — *Victoria Ralston*
6:45-7:15 MS * — Best Abs Ever — *Victoria Ralston*
7:00-7:50 YS * — Pilates Mat — *Larisa Lotz*
7:45-8:35 MS * — MetCon Monday — *Collin Sam*
8:15-9:05 CS * — Beats Ride — *Sami Dorman*
8:45-9:45 YS * — Vinyasa Yoga — *Jennifer Webster*
9:00-9:45 MS * — Best Butt Ever — *Annie Kelly*
9:45-10:35 CS * — Beats Ride — *Devin Swanson*
10:00-10:50 MS * — Rhythmic Sculpt — *Nikita Chaudhry*

12:00-1:00 YS * — Pilates Mat — *Janine Bailey*

5:30-6:20 CS * — Beats Ride — *Skyler Burke*
5:30-6:15 MS * — True Barre: Off the Barre — *Natalia Perzyna*
5:45-6:35 TR * — Precision Walk: Elevate — *Collin Sam*
6:00-7:00 YS * — Vinyasa Yoga — *Paula Rodgers*
6:30-7:15 MS * — MetCon3 — *U. B. Sanchez*
7:15-7:45 MS * — Athletic Stretch — *U. B. Sanchez*
7:15-8:05 YS * — **Pilates Mat** — ***Ariel Larios***

TUESDAY

6:15-7:00 MS * — Stronger — *Trevor Kent*
7:00-7:50 TR * — Precision Run® — *Stephanie Czajkowski*
7:15-8:05 MS * — **Pilates Mat** — ***Ariel Larios***
8:15-9:05 CS * — Beats Ride — *Stephanie Czajkowski*
8:15-9:00 MS * — Barefoot Sculpt: The Ring — *Nikita Chaudhry*
9:00-10:00 YS * — Vinyasa Yoga — *Stephanie Morrell*
9:15-10:00 MS * — MetCon3 — *Nikita Chaudhry*
9:30-10:20 TR * — Precision Walk: Elevate — *Devin Swanson*

12:15-1:00 MS * — Leg Day — *Devin Swanson*

5:00-5:45 MS * — Tabata Max — *Sami Dorman*
5:15-6:15 YS * — Vinyasa Yoga — *Jennifer Webster*
5:30-6:20 TR * — Precision Run® — *Chris Reed*
6:00-6:50 CS * — Beats Ride — *Sami Dorman*
6:15-7:00 MS * — Stronger — *Jayen Wells*
6:30-7:30 YS * — Vinyasa Yoga — *Chris Reed*
7:15-8:00 CS * — Beats Ride — *Glenn Payne*

WEDNESDAY

6:15-7:05 YS * — Pilates Mat — *Ariel Larios*
7:45-8:35 MS * — Leg Day — *Stephanie Czajkowski*
8:45-9:45 YS * — Power Vinyasa — *Sami Dorman*
9:00-9:45 MS * — Stronger — *Stephanie Czajkowski*
9:45-10:35 CS * — Precision Ride — *Devin Swanson*
10:00-10:45 MS * — Body Sculpt — *Jayen Wells*
10:45-11:00 MS * — Best Abs Ever — *Jayen Wells*

12:00-1:00 YS * — Vinyasa Yoga — *Shielu Bharwani*
12:30-1:20 CS * — Beats Ride — *Tawna Hutchinson*

5:15-6:00 MS * — True Barre: Off the Barre — *Sandra Kim*
5:30-6:20 CS * — Precision Ride — *Devin Swanson*
5:30-6:30 YS * — Hatha Yoga — *Steffany Vance*
5:45-6:35 TR * — Precision Walk: Elevate — *Skyler Burke*
6:15-7:05 MS * — Leg Day — *Collin Sam*
6:45-7:45 YS * — Restorative Yoga — *Jose Alvarado*

THURSDAY

6:15-7:00 MS * — Body Sculpt — *Trevor Kent*
7:15-8:05 YS * — **Pilates Mat** — ***Ariel Larios***
8:15-9:05 CS * — Beats Ride — *Jill Peterson*
8:15-9:05 MS * — **Athletic Conditioning** — ***Jayen Wells***
9:00-10:00 YS * — Vinyasa Yoga — *Jennifer Webster*
9:15-10:00 MS * — True Barre: Off the Barre — *Jayen Wells*
9:30-10:20 TR * — Precision Walk: Elevate — *Jill Peterson*
10:00-10:30 MS * — Athletic Stretch — *Jayen Wells*

12:15-1:00 MS * — Core6 — *Devin Swanson*

5:00-5:45 MS * — MetCon3 — *Sami Dorman*
5:15-6:15 YS * — Vinyasa Yoga — *Kristyn Evelyn*
5:30-6:20 TR * — **Precision Run®** — ***Collin Sam***
6:00-6:50 CS * — Beats Ride — *Sami Dorman*
6:15-7:00 MS * — Core6 — *Victoria Ralston*
6:30-7:30 YS * — Sculpted Yoga™ — *Anna Lynch*
7:00-7:15 MS * — Best Abs Ever — *Victoria Ralston*
7:15-7:45 MS * — Best Stretch Ever — *Victoria Ralston*

FRIDAY

6:15-7:05 MS * — MetCon3 — *Victoria Ralston*
7:00-8:00 YS * — Barefoot Sculpt — *Sami Dorman*
7:45-8:30 MS * — The Cut — *Victoria Ralston*
8:15-9:05 CS * — Beats Ride — *Sami Dorman*
8:45-9:30 MS * — Pure Strength — *Jill Peterson*
8:45-9:45 YS * — Vinyasa Yoga — *Jennifer Webster*
9:45-10:35 CS * — Precision Ride — *Jill Peterson*
10:00-10:50 MS * — True Barre: Off the Barre — *Sandra Kim*

12:15-1:05 YS * — Pilates Rise — *Natalia Perzyna*

5:15-6:05 TR * — **Precision Walk: Elevate** — ***Collin Sam***
5:15-6:00 YS * — Tai Chi — *Sandra Kim*
5:30-6:20 CS * — Beats Ride — *Emily Cruz*
5:30-6:15 MS * — True Barre: Off the Barre — *Anna Lynch*
6:15-7:15 YS * — Restorative Yoga — *Jose Alvarado*
6:30-7:20 MS * — Cardio Dance — *Delandis McClam*

SATURDAY

7:30-8:20 CS * — Beats Ride — *Devin Swanson*
7:30-8:20 MS * — Core6 — *Victoria Ralston*
8:00-9:00 YS * — Vinyasa Yoga — *Anna Lynch*
8:45-9:30 MS * — MetCon3 — *Devin Swanson*
9:15-10:05 CS * — Beats Ride — *Frank Tavares*
9:30-10:15 YS * — Pilates Mat — *Natalia Perzyna*
9:45-10:30 MS * — Rounds: Bags and Mitts — *Glenn Payne*
9:45-10:35 TR * — Precision Walk: Elevate — *Devin Swanson*
10:30-11:20 CS * — Beats Ride — *Emily Cruz*
10:45-11:30 MS * — Tabata Max — *Frank Tavares*
10:45-11:45 YS * — Vinyasa Yoga — *Aren Wolf*

12:00-12:45 MS * — Barefoot Sculpt: The Ring — *Delandis McClam*
1:30-2:30 YS * — Sound Meditation — *Stephanie Morrell*

SUNDAY

8:15-9:05 MS * — Circuit Training — *Collin Sam*
8:15-9:15 YS * — **Power Vinyasa** — ***Alessandra Bonetti***
8:45-9:35 CS * — Beats Ride — *Trevor Throop*
9:45-10:30 MS * — Tabata Max — *Daniel Kucan*
10:00-10:50 CS * — Beats Ride — *Collin Sam*
10:00-11:00 YS * — Vinyasa Yoga — *Trevor Throop*
10:45-11:35 MS * — True Barre: Off the Barre — *Lori Allen*

12:00-12:50 YS * — Pilates Mat — *Lori Allen*
3:00-4:00 YS * — Weekend Wind Down Yoga — *Kala MacDonald*

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

EQUINOX

PASADENA

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

devin.swanson@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 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.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

Yoga

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
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.
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.

Barre

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 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.

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.
The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. 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.
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.

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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

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.

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.
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.
Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.
Tai Chi A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

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.