

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 TR * Precision Run® Jenia Koroleva	6:30-7:20 TR * Precision Run® Cara Hailey	6:45-7:30 TR * Precision Run® Jenia Koroleva	7:30-8:30 Power Vinyasa (Heated) Gina Brown	7:00-7:50 CS * Beats Ride Tiffany Daniels	8:00-8:50 TR * Precision Run® Jenia Koroleva	8:30-9:30 YS * Vinyasa Yoga Joseph Seeman
7:30-8:20 YS * Pilates Mat (Heated) Jaclyn Winters	7:00-7:50 CS * Beats Ride Tiffany Daniels	7:00-7:50 MS * MetCon3 Austin Williams	8:30-9:15 TR * Precision Run® Jenia Koroleva	7:00-7:50 MS * 360 Strength Nik Andrews	8:00-8:45 YS * Pilates Mat Chris Stanley	9:15-10:05 MS * Athletic Conditioning Koni Nwaukoni
8:45-9:30 YS * Pilates Mat Jonathan Jedrzejewski	7:15-8:05 MS * 360 Strength Nik Andrews	7:15-8:00 YS * Barefoot Sculpt Jessica Walker	9:00-9:50 YS * Pilates Fusion Catt Yiu	8:00-8:45 MS * Athletic Conditioning Nik Andrews	9:00-9:45 MS * Athletic Conditioning Austin Williams	9:45-10:30 CS * Beats Ride Joseph Seeman
9:15-10:00 TR * Precision Run® Jenia Koroleva	8:00-9:00 YS * Vinyasa Yoga Catt Yiu	8:00-8:50 TR * Precision Run® Jenia Koroleva	9:15-10:00 MS * BootKAMP Kupah James	8:00-8:45 YS * Pilates Rise Larisa Lotz	9:00-9:50 Precision Run + Strength Jenia Koroleva	10:00-11:00 YS * Yoga Shape Up Frances Flores
9:30-10:15 MS * MetCon Monday Nik Andrews	9:15-10:05 MS * Body Sculpt Frances Flores	8:45-9:30 YS * Pilates Mat Jaclyn Winters	10:15-11:05 TR * Precision Walk: Elevate Kupah James	8:30-9:15 TR * Precision Walk: Elevate Rick Logan	9:00-10:00 YS * Ashtanga Yoga Chrissy Gonzalez	11:00-11:45 MS * BootKAMP Kupah James
10:00-11:00 YS * Power Vinyasa Austin Hollingshead	10:15-11:00 TR * Precision Run® Jenia Koroleva	9:30-10:15 MS * Best Butt Ever Nik Andrews	10:30-11:30 YS * Power Vinyasa Teo Chapelier	9:00-10:00 YS * Vinyasa Yoga (Heated) Austin Hollingshead	10:00-10:45 CS * Beats Ride Tarek Cotran	12:00-12:50 TR * Precision Walk: Elevate Kupah James
10:15-10:45 MS * Best Abs Ever Nik Andrews	10:30-11:30 YS * Vinyasa Yoga (Heated) Frances Flores	9:45-10:45 YS * Vinyasa Yoga Jaclyn Winters	12:00-12:30 MS * Best Butt Ever Elle Young	9:30-10:15 MS * Body Sculpt Rick Logan	10:15-11:05 MS * 360 Strength Collin Sam	12:00-12:45 YS * Pilates Fusion Pia Kamonsit
12:00-12:45 MS * Stronger Rick Logan	12:00-12:50 MS * Muay Thai Steven Dell	10:15-10:45 MS * Best Abs Ever Nik Andrews	12:30-1:00 MS * Upper Body Pump Elle Young	10:30-11:15 MS * Best Butt Ever Nicole Steen	11:15-12:00 YS * Pilates Fusion Be Solomon	1:00-2:00 YS * Power Vinyasa Pia Kamonsit
2:00-2:45 YS * Pilates Fusion Lesley Greer	1:15-2:15 YS * Hatha Yoga Eddie Marashian	12:00-1:00 YS * Vinyasa Yoga Donovan McGrath	1:00-1:30 MS * Best Abs Ever Elle Young	10:30-11:20 YS * Pilates Mat Jaclyn Winters	11:30-12:15 MS * Best Butt Ever Collin Sam	3:30-4:30 YS * Yin Yoga Lizbeth Vazquez
3:00-4:15 YS * Power Vinyasa Brent Laffoon	3:00-3:45 YS * True Barre: Bala Bangle Andre Aultmon	2:00-2:50 YS * Pilates Rise Luis Cervantes	1:00-2:00 YS * Slow Flow Yoga Shielu Bharwani	11:15-11:45 MS * Best Abs Ever Nicole Steen	12:15-1:15 YS * Hatha Yoga Eddie Marashian	4:45-5:30 YS * Sound Meditation Lizbeth Vazquez
4:30-5:30 YS * Vinyasa Yoga Joseph Seeman	4:30-5:30 YS * Power Vinyasa Micki Duran	3:30-4:15 YS * Sound Meditation Buddy Macuha	3:00-3:50 YS * Pilates Mat Makena Spooner-Leduff	12:00-12:45 YS * Pilates Fusion Jonathan Jedrzejewski	12:30-1:15 MS * Rounds: Boxing Steven Dell	
5:00-5:45 MS * Rounds: Boxing Steven Dell	5:00-5:45 MS * Athletic Conditioning Myles Rodney	4:30-5:30 YS * Vinyasa Yoga Joseph Seeman	4:30-5:30 YS * Power Vinyasa Buddy Macuha	12:15-1:00 MS * Rounds: Boxing Ronit Koren	1:30-2:30 YS * Sculpted Yoga™ Kate Willson	
5:45-6:15 MS * Best Abs Ever Steven Dell	5:45-6:35 TR * Precision Run® Jenia Koroleva	5:15-6:00 MS * Stronger Jeff McMullen	5:00-5:45 MS * Athletic Conditioning Myles Rodney	1:00-2:00 YS * Power Vinyasa Joseph Seeman		
5:45-6:45 YS * Power Vinyasa Gina Brown	6:15-7:00 YS * Pilates Fusion Lesley Greer	5:45-6:45 YS * Power Vinyasa (Heated) Teo Chapelier	5:00-5:50 Precision Run + Strength Nik Andrews	3:30-4:15 YS * Pilates Fusion Lesley Greer		
6:00-6:50 CS * Anthem Ride Joseph Seeman	6:30-7:15 MS * TRX Max Valintine Baker	6:00-6:50 CS * Beats Ride Joseph Seeman	6:15-7:05 MS * 360 Strength Nik Andrews	4:30-5:30 YS * Power Vinyasa Buddy Macuha		
6:15-7:00 MS * Stronger Larisa Lotz	7:30-8:30 YS * Vinyasa Yoga Lesley Greer	6:15-7:00 MS * Studio Dance: Hip Hop Odell	6:15-7:00 YS * Pilates Fusion Lesley Greer	5:15-6:05 MS * 360 Strength Jeff McMullen		
7:00-7:45 YS * Pilates Mat Chris Stanley		6:15-7:00 TR * Precision Run® Cara Hailey	7:30-8:30 YS * Power Vinyasa (Heated) Lesley Greer	5:45-6:30 YS * Sound Meditation Buddy Macuha		
		7:00-7:45 YS * Pilates Fusion Makena Spooner-Leduff				

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MON-THU 05:30 AM 10:30 PM

FRI 05:30 AM 09:30 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

jenia.koroleva@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

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.



Running

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.



Yoga

Ashtanga Yoga Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

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.

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.

Yoga Shape Up Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretching. Shape up your body and mind with grounding vinyasa yoga flows, fiery resistance band and bodyweight sculpting, and rebalancing yoga stretches. You'll leave class feeling stronger and reenergized.



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.

BootKAMP BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

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.

TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.



Barre

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.



Dance

Studio Dance: Hip Hop A choreography-driven dance class using the latest street 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

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

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

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.



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.



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 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.

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.