

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Stronger <i>Larisa Lotz</i> MS *	6:30-7:20 Precision Run® <i>Cara Hailey</i> TR *	6:45-7:30 Precision Run® <i>Jenia Koroleva</i> TR *	7:00-8:00 Power Vinyasa (Heated) <i>Gina Brown</i> YS *	7:00-7:50 Beats Ride <i>Tiffany Daniels</i> CS *	8:00-8:50 Precision Run® <i>Jenia Koroleva</i> TR *	8:30-9:30 Vinyasa Yoga <i>Joseph Seeman</i> YS *
7:00-7:45 Precision Run® <i>Jenia Koroleva</i> TR *	7:00-7:50 Beats Ride <i>Tiffany Daniels</i> CS *	7:00-7:50 MetCon3 <i>Austin Williams</i> MS *	8:30-9:15 Precision Run® <i>Jenia Koroleva</i> TR *	7:00-7:50 360 Strength <i>Nik Andrews</i> MS *	9:00-9:45 Pilates Fusion <i>Trevor Kent</i> MS *	9:00-9:45 Body Sculpt <i>Frances Flores</i> YS *
7:30-8:20 Pilates Mat (Heated) <i>Jaclyn Winters</i> YS *	7:15-8:05 360 Strength <i>Nik Andrews</i> MS *	7:00-7:45 True Barre: Bala Bangle <i>Jessica Halford</i> YS *	9:00-9:50 Pilates Fusion <i>Catt Yiu</i> YS *	8:00-8:45 Athletic Conditioning <i>Nik Andrews</i> MS *	9:00-9:50 Precision Run + Strength <i>Jenia Koroleva</i> TR *	9:45-10:30 Beats Ride <i>Joseph Seeman</i> CS *
8:45-9:30 Pilates Mat <i>Jonathan Jedrzejewski</i> YS *	8:00-9:00 Vinyasa Yoga <i>Catt Yiu</i> YS *	8:00-8:50 Precision Run® <i>Jenia Koroleva</i> TR *	9:15-10:00 BootKAMP <i>Kupah James</i> MS *	8:00-8:45 Pilates Rise <i>Larisa Lotz</i> YS *	10:00-11:00 Precision Walk: Elevate <i>Kupah James</i> MS *	10:00-11:00 Yoga Shape Up <i>Frances Flores</i> YS *
9:15-10:00 Precision Run® <i>Jenia Koroleva</i> TR *	9:15-10:05 Body Sculpt <i>Frances Flores</i> MS *	8:45-9:30 Pilates Mat <i>Jaclyn Winters</i> YS *	10:15-11:05 Precision Walk: Elevate <i>Kupah James</i> MS *	9:00-10:00 Vinyasa Yoga (Heated) <i>Austin Hollingshead</i> YS *	11:00-11:45 Power Vinyasa <i>Heather D.</i> MS *	11:00-11:45 BootKAMP <i>Kupah James</i> MS *
9:30-10:15 MetCon Monday <i>Nik Andrews</i> MS *	10:15-11:00 Precision Run® <i>Cara Hailey</i> TR *	9:30-10:15 Best Butt Ever <i>Nik Andrews</i> MS *	10:15-11:05 Precision Walk: Elevate <i>Kupah James</i> MS *	10:30-11:15 Best Butt Ever <i>Nicole Steen</i> MS *	10:00-10:45 Beats Ride <i>Tarek Cotran</i> CS *	12:00-12:50 Precision Walk: Elevate <i>Kupah James</i> TR *
10:00-11:00 Power Vinyasa <i>Austin Hollingshead</i> YS *	10:30-11:30 Vinyasa Yoga (Heated) <i>Frances Flores</i> YS *	9:45-10:45 Vinyasa Yoga <i>Jaclyn Winters</i> YS *	10:30-11:45 Power Vinyasa <i>Teo Chapelier</i> YS *	10:30-11:20 Pilates Mat <i>Jaclyn Winters</i> YS *	10:15-11:00 Core6 <i>Collin Sam</i> MS *	12:00-12:45 Pilates Fusion <i>Pia Kamonsit</i> YS *
10:15-10:45 Best Abs Ever <i>Nik Andrews</i> MS *		10:15-10:45 Best Abs Ever <i>Nik Andrews</i> MS *				1:00-2:00 Power Vinyasa <i>Pia Kamonsit</i> YS *
	12:00-12:50 Muay Thai <i>Steven Dell</i> MS *		12:00-12:30 Best Butt Ever <i>Elle Young</i> MS *			3:30-4:30 Yin Yoga <i>Lizbeth Vazquez</i> YS *
12:00-12:45 Stronger <i>Monique Bell</i> MS *	1:00-2:00 Vinyasa Yoga <i>Alexa Silvaggio</i> YS *	12:00-12:30 Athletic Conditioning <i>Michael Myers</i> MS *	12:30-1:00 Upper Body Pump <i>Elle Young</i> MS *	11:15-11:45 Best Abs Ever <i>Nicole Steen</i> MS *	11:15-12:00 Pilates Fusion <i>Be Solomon</i> YS *	4:45-5:30 Sound Meditation <i>Lizbeth Vazquez</i> YS *
2:00-2:45 Pilates Fusion <i>Lesley Greer</i> YS *	3:00-3:45 Pilates Fusion <i>Andre Aultmon</i> YS *	12:00-1:00 Vinyasa Yoga <i>Donovan McGrath</i> YS *	1:00-1:30 Best Abs Ever <i>Elle Young</i> MS *	12:00-12:45 Pilates Fusion <i>Jonathan Jedrzejewski</i> YS *	11:30-12:15 Best Butt Ever <i>Collin Sam</i> MS *	
3:00-4:15 Power Vinyasa <i>Brent Laffoon</i> YS *	4:30-5:30 Vinyasa Yoga <i>Micki Duran</i> YS *	12:30-1:00 Lower Body Blast <i>Michael Myers</i> MS *	3:00-3:50 Pilates Mat <i>Makenna Spooner-Leduff</i> YS *	12:15-1:00 Rounds: Boxing <i>Ronit Koren</i> MS *	12:15-1:15 Vinyasa Yoga <i>Julianne Volpe</i> YS *	
		2:00-2:50 Pilates Rise <i>Luis Cervantes</i> YS *	4:30-5:30 Power Vinyasa <i>Buddy Macuha</i> YS *	1:00-2:00 Power Vinyasa <i>Joseph Seeman</i> YS *	12:30-1:15 Rounds: Boxing <i>Steven Dell</i> MS *	
4:30-5:30 Vinyasa Yoga <i>Joseph Seeman</i> YS *	5:00-5:45 Athletic Conditioning <i>Myles Rodney</i> MS *	3:30-4:15 Sound Meditation <i>Buddy Macuha</i> YS *	5:00-5:45 Athletic Conditioning <i>Myles Rodney</i> MS *	3:30-4:15 Pilates Fusion <i>Lesley Greer</i> YS *	1:30-2:15 Cardio Dance <i>Odell</i> MS *	
5:00-5:45 Rounds: Boxing <i>Steven Dell</i> MS *	5:45-6:35 Precision Run® <i>Jenia Koroleva</i> TR *		5:00-5:50 Precision Run + Strength <i>Nik Andrews</i> TR *	4:30-5:30 Power Vinyasa <i>Buddy Macuha</i> YS *	1:30-2:30 Sculpted Yoga™ <i>Kate Wilson</i> YS *	
5:45-6:15 Best Abs Ever <i>Steven Dell</i> MS *	6:15-7:00 Pilates Fusion <i>Lesley Greer</i> YS *	4:30-5:30 Vinyasa Yoga <i>Joseph Seeman</i> YS *	5:15-6:00 Stronger <i>Team Equinox</i> MS *	5:15-6:00 Power Vinyasa <i>Buddy Macuha</i> YS *	3:30-4:30 Weekend Wind Down <i>Yoga Gina Brown</i> YS *	
5:45-6:45 Power Vinyasa <i>Alexa Silvaggio</i> YS *	6:30-7:15 TRX Max <i>Valentine Baker</i> MS *	5:00-5:45 Stronger <i>Trevor Kent</i> MS *	5:45-6:30 Sound Meditation <i>Buddy Macuha</i> YS *			
6:00-6:50 Anthem Ride <i>Joseph Seeman</i> CS *	7:30-8:30 Vinyasa Yoga <i>Lesley Greer</i> YS *	5:45-6:45 Power Vinyasa (Heated) <i>Teo Chapelier</i> YS *	6:15-7:00 Pilates Fusion <i>Lesley Greer</i> YS *			
7:00-7:45 Core6 <i>Delandis McClam</i> MS *		6:00-6:50 Beats Ride <i>Joseph Seeman</i> CS *	7:30-8:30 Power Vinyasa (Heated) <i>Lesley Greer</i> YS *			
7:00-7:45 Pilates Mat <i>Chris Stanley</i> YS *		6:00-6:45 Body Sculpt <i>Trevor Kent</i> MS *				
		6:15-7:00 Precision Run® <i>Cara Hailey</i> TR *				
		7:00-7:45 Pilates Fusion <i>Trevor Kent</i> YS *				

EQUINOX

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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

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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

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.

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.

Yoga Shape Up Where movement meets strength and stillness. Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretches. Shape Up your body and mind with grounding vinyasa flows, fiery resistance band and bodyweight sculpting, and a stress releasing wind-down. You'll leave class feeling centered, stronger, and energized.

◆ 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.

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 you every movement inside and outside the club. An Equinox exclusive.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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

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

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

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.