

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 TR * Precision Run@ <i>Jenia Koroleva</i>	6:30-7:20 TR * Precision Run@ <i>Cara Hailey</i>	6:45-7:30 TR * Precision Run@ <i>Jenia Koroleva</i>	7:00-8:00 YS * Power Vinyasa <i>Gina Brown</i>	7:00-7:50 MS * 360 Strength <i>Nik Andrews</i>	8:00-8:50 TR * Precision Run@ <i>Jenia Koroleva</i>	8:30-9:45 YS * Vinyasa Yoga <i>Joseph Seeman</i>
7:15-8:00 YS * Pilates Fusion <i>Larisa Lotz</i>	7:00-8:00 YS * Power Vinyasa <i>Gavriella Rubin</i>	7:00-7:50 MS * MetCon3 <i>Austin Williams</i>	8:30-9:15 TR * Precision Run@ <i>Jenia Koroleva</i>	8:00-8:45 MS * Athletic Conditioning <i>Nik Andrews</i>	8:15-9:00 YS * Pilates Fusion <i>Trevor Kent</i>	9:30-10:15 MS * Body Sculpt <i>Frances Flores</i>
8:45-9:30 YS * Pilates Mat <i>Jonathan Jedrzejewski</i>	7:15-8:05 MS * 360 Strength <i>Nik Andrews</i>	7:15-8:00 YS * Pilates Fusion <i>Jonathan Jedrzejewski</i>	9:00-9:45 YS * Pilates Fusion <i>Catt Yiu</i>	8:00-8:45 YS * Pilates Rise <i>Larisa Lotz</i>	9:00-9:45 MS * Athletic Conditioning <i>Koni Nwaukoni</i>	10:30-11:30 YS * Yoga Shape Up <i>Frances Flores</i>
9:15-10:00 TR * Precision Run@ <i>Jenia Koroleva</i>	8:15-9:15 YS * Vinyasa Yoga <i>Catt Yiu</i>	8:00-8:50 TR * Precision Run@ <i>Jenia Koroleva</i>	9:15-10:00 MS * BootKAMP <i>Kupah James</i>	9:00-10:00 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	9:00-9:50 TR * Precision Run@ <i>Jenia Koroleva</i>	11:00-11:45 MS * BootKAMP <i>Kupah James</i>
9:30-10:15 MS * MetCon Monday <i>Nik Andrews</i>	8:30-9:15 TR * Precision Run@ <i>Cara Hailey</i>	8:45-9:30 YS * Pilates Mat <i>Jaclyn Winters</i>	10:15-11:05 TR * Precision Walk: Elevate <i>Kupah James</i>	9:30-10:15 MS * Body Sculpt <i>Ali Farahani</i>	9:15-10:30 YS * Power Vinyasa <i>Donovan McGrath</i>	12:00-12:50 TR * Precision Walk: Elevate <i>Kupah James</i>
10:00-11:00 YS * Power Vinyasa <i>Austin Hollingshead</i>	9:15-10:05 MS * Body Sculpt <i>Frances Flores</i>	9:30-10:15 MS * Best Butt Ever <i>Nik Andrews</i>	10:45-11:45 YS * Power Vinyasa <i>Gavriella Rubin</i>	10:30-11:15 MS * Best Butt Ever <i>Nicole Steen</i>	10:00-10:45 MS * Leg Day Collin Sam	12:00-12:45 YS * Pilates Fusion <i>Pia Kamonsit</i>
10:15-10:45 MS * Best Abs Ever <i>Nik Andrews</i>	10:30-11:30 YS * Vinyasa Yoga <i>Frances Flores</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jaclyn Winters</i>	12:00-12:30 MS * Best Butt Ever <i>Elle Young</i>	10:30-11:20 YS * Pilates Mat <i>Jaclyn Winters</i>	10:00-10:45 OC * Precision Run Club <i>Jenia Koroleva</i>	1:00-2:00 YS * Power Vinyasa <i>Pia Kamonsit</i>
12:00-12:45 MS * Stronger <i>Monique Bell</i>	11:00-11:45 MS * Stronger Women <i>Elle Young</i>	10:15-10:45 MS * Best Abs Ever <i>Nik Andrews</i>	12:30-1:00 MS * Upper Body Pump <i>Elle Young</i>	11:15-11:45 MS * Best Abs Ever <i>Nicole Steen</i>	11:00-11:50 MS * Cardio Dance <i>Ali Farahani</i>	3:30-4:30 YS * Yin Yoga <i>Lizbeth Vazquez</i>
2:00-2:45 YS * Pilates Fusion <i>Lesley Greer</i>	12:15-1:00 MS * Muay Thai <i>Steven Dell</i>	12:00-12:30 MS * Quick HIIT <i>Michael Myers</i>	1:00-1:30 MS * Best Abs Ever <i>Elle Young</i>	12:00-12:45 YS * Pilates Fusion <i>Jonathan Jedrzejewski</i>	11:15-12:00 YS * Pilates Fusion <i>Be Solomon</i>	4:45-5:30 YS * Sound Meditation <i>Lizbeth Vazquez</i>
3:00-4:15 YS * Power Vinyasa <i>Brent Laffoon</i>	1:00-2:00 YS * Vinyasa Yoga <i>Alexa Silvaggio</i>	12:00-1:00 YS * Vinyasa Yoga <i>Donovan McGrath</i>	1:30-2:30 YS * Yin Yoga Meditation <i>Joseph Seeman</i>	12:15-1:00 MS * Rounds: Boxing <i>Ronit Koren</i>	12:15-1:15 YS * Vinyasa Yoga <i>Julianne Volpe</i>	
4:30-5:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	3:00-3:45 YS * Pilates Fusion <i>Andre Aultmon</i>	12:30-1:00 MS * Best Abs Ever <i>Michael Myers</i>	3:00-3:50 YS * Pilates Mat <i>Makena Spooner-Leduff</i>	1:00-2:00 YS * Power Vinyasa <i>Joseph Seeman</i>	12:30-1:15 MS * Rounds: Boxing <i>Steven Dell</i>	
5:00-5:45 MS * Rounds: Boxing <i>Steven Dell</i>	4:30-5:30 YS * Vinyasa Yoga <i>Micki Duran</i>	2:00-2:50 YS * Pilates Rise <i>Luis Cervantes</i>	4:30-5:30 YS * Power Vinyasa <i>Buddy Macuha</i>	3:30-4:15 YS * Pilates Fusion <i>Lesley Greer</i>	1:15-1:45 MS * Best Abs Ever <i>Steven Dell</i>	
5:45-6:15 MS * Best Abs Ever <i>Steven Dell</i>	5:00-5:45 MS * Athletic Conditioning <i>Myles Rodney</i>	3:30-4:15 YS * Sound Meditation <i>Buddy Macuha</i>	5:00-5:45 MS * Athletic Conditioning <i>Myles Rodney</i>	4:15-5:00 TR * Precision Run@ <i>Orlando Deral</i>	1:30-2:15 YS * Pilates Fusion <i>Kate Willson</i>	
5:45-6:45 YS * Power Vinyasa <i>Alexa Silvaggio</i>	5:00-5:45 TR * Precision Run@ <i>Nik Andrews</i>	4:30-5:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	5:00-5:45 MS * Precision Run + Strength <i>Nik Andrews</i>	4:30-5:30 YS * Power Vinyasa <i>Buddy Macuha</i>	2:30-3:15 YS * Headstrong Reset Meditation <i>Jad Kassouf</i>	
6:15-7:00 MS * Athletic Stretch <i>Joseph Seeman</i>	6:15-7:00 YS * Pilates Fusion <i>Lesley Greer</i>	5:00-5:45 MS * Stronger <i>Luis Cervantes</i>	6:15-7:00 MS * TR * Leg Day Nik Andrews	5:15-6:00 MS * Stronger <i>Orlando Deral</i>	3:30-4:30 YS * Weekend Wind Down Yoga <i>Gina Brown</i>	
7:00-7:45 YS * Pilates Mat <i>Chris Stanley</i>	6:30-7:15 MS * TRX Max <i>Valentine Baker</i>	6:00-6:45 MS * Athletic Stretch <i>Joseph Seeman</i>	6:15-7:00 YS * Pilates Fusion <i>Lesley Greer</i>	5:45-6:30 YS * Sound Meditation <i>Buddy Macuha</i>		
7:15-8:00 MS * Body Sculpt <i>Ali Farahani</i>	7:30-8:30 YS * Vinyasa Yoga <i>Lesley Greer</i>	6:15-7:00 TR * Precision Run@ <i>Cara Hailey</i>	7:30-8:30 YS * Power Vinyasa <i>Lesley Greer</i>			
8:15-9:00 YS * Sound Meditation <i>Shayla Hess</i>		6:30-7:30 YS * Power Vinyasa <i>Teo Chapelier</i>				
		7:00-7:45 MS * Pilates Fusion <i>Sharifa Bailey</i>				

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

MS Main Studio

YS Yoga Studio

TR Treadmill Area

OC Outdoor Courtyard

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

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 Club Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. 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.

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.

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.

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.

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.

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

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.

Headstrong Reset Meditation An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. 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.

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.

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.

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.

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. 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.