

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|--|---|--|--|---|---|--|
| 7:00-7:45<br>TR *<br>Precision Run®<br><i>Jenia Koroleva</i>       | 6:30-7:20<br>TR *<br>Precision Run®<br><i>Cara Hailey</i>         | 6:45-7:30<br>TR *<br>Precision Run®<br><i>Jenia Koroleva</i>           | 7:00-8:00<br>YS *<br>Power Vinyasa<br><i>Gina Brown</i>                | 7:00-7:50<br>CS *<br>Beats Ride<br><i>Tiffany Daniels</i>             | 8:00-8:50<br>TR *<br>Precision Run®<br><i>Jenia Koroleva</i>              | 8:30-9:45<br>YS *<br>Vinyasa Yoga<br><i>Joseph Seeman</i>            |
| 7:30-8:20<br>YS *<br>Pilates Mat<br><i>Larisa Lotz</i>             | 7:00-7:50<br>CS *<br>Beats Ride<br><i>Tiffany Daniels</i>         | 7:00-7:50<br>MS *<br>MetCon3<br><i>Austin Williams</i>                 | 8:30-9:15<br>TR *<br>Precision Run®<br><i>Jenia Koroleva</i>           | 7:00-7:50<br>MS *<br>360 Strength<br><i>Nik Andrews</i>               | 8:00-8:45<br>YS *<br>Pilates Fusion<br><i>Trevor Kent</i>                 | 9:30-10:15<br>MS *<br>Body Sculpt<br><i>Frances Flores</i>           |
| 8:45-9:30<br>YS *<br>Pilates Mat<br><i>Jonathan Jedrzejewski</i>   | 7:00-8:00<br>YS *<br>Power Vinyasa<br><i>Gabriella Rubin</i>      | 7:00-7:45<br>YS *<br>Pilates Fusion<br><i>Jonathan Jedrzejewski</i>    | 9:00-9:45<br>YS *<br>Pilates Fusion<br><i>Catt Yiu</i>                 | 8:00-8:45<br>MS *<br>Athletic Conditioning<br><i>Nik Andrews</i>      | 9:00-9:45<br>MS *<br>Athletic Conditioning<br><i>Koni Nwaukoni</i>        | 10:00-10:45<br>CS *<br>Beats Ride<br><i>Joseph Seeman</i>            |
| 9:15-10:00<br>TR *<br>Precision Run®<br><i>Jenia Koroleva</i>      | 7:15-8:05<br>MS *<br>360 Strength<br><i>Nik Andrews</i>           | 8:00-8:50<br>TR *<br>Precision Run®<br><i>Jenia Koroleva</i>           | 9:15-10:00<br>MS *<br>BootKAMP<br><i>Kupah James</i>                   | 8:00-8:45<br>YS *<br>Pilates Rise<br><i>Larisa Lotz</i>               | 9:00-9:50<br>TR *<br>Precision Run®<br><i>Jenia Koroleva</i>              | 10:30-11:30<br>YS *<br>Yoga Shape Up<br><i>Frances Flores</i>        |
| 9:30-10:15<br>MS *<br>MetCon Monday<br><i>Nik Andrews</i>          | 8:15-9:15<br>YS *<br>Vinyasa Yoga<br><i>Catt Yiu</i>              | 8:45-9:30<br>YS *<br>Pilates Mat<br><i>Jaclyn Winters</i>              | 10:15-11:05<br>TR *<br>Precision Walk: Elevate<br><i>Kupah James</i>   | 9:00-10:00<br>YS *<br>Vinyasa Yoga<br><i>Austin Hollingshead</i>      | 9:15-10:30<br>YS *<br>Power Vinyasa<br><i>Donovan McGrath</i>             | 11:00-11:45<br>MS *<br>BootKAMP<br><i>Kupah James</i>                |
| 10:00-11:00<br>YS *<br>Power Vinyasa<br><i>Austin Hollingshead</i> | 8:30-9:15<br>TR *<br>Precision Run®<br><i>Cara Hailey</i>         | 9:45-10:30<br>MS *<br>Best Butt Ever<br><i>Nik Andrews</i>             | 10:45-11:45<br>YS *<br>Power Vinyasa<br><i>Gabriella Rubin</i>         | 9:30-10:15<br>MS *<br>Body Sculpt<br><i>Ali Farahanny</i>             | 10:00-10:45<br>CS *<br>Beats Ride<br><i>Tarek Cotran</i>                  | 12:00-12:50<br>TR *<br>Precision Walk: Elevate<br><i>Kupah James</i> |
| 10:15-10:45<br>MS *<br>Best Abs Ever<br><i>Nik Andrews</i>         | 9:15-10:05<br>MS *<br>Body Sculpt<br><i>Frances Flores</i>        | 9:45-10:45<br>YS *<br>Vinyasa Yoga<br><i>Jaclyn Winters</i>            | 12:00-12:30<br>MS *<br>Best Butt Ever<br><i>Elle Young</i>             | 10:30-11:15<br>MS *<br>Best Butt Ever<br><i>Nicole Steen</i>          | 10:15-11:00<br>MS *<br>Best Butt Ever<br><i>Collin Sam</i>                | 12:00-12:45<br>YS *<br>Pilates Fusion<br><i>Pia Kamonsit</i>         |
| 12:00-12:45<br>MS *<br>Stronger<br><i>Monique Bell</i>             | 10:30-11:30<br>YS *<br>Vinyasa Yoga<br><i>Frances Flores</i>      | 10:30-11:00<br>MS *<br>Best Abs Ever<br><i>Nik Andrews</i>             | 12:30-1:00<br>MS *<br>Upper Body Pump<br><i>Elle Young</i>             | 10:30-11:20<br>YS *<br>Pilates Mat<br><i>Jaclyn Winters</i>           | 11:15-12:05<br>MS *<br>Whipped!<br><i>Collin Sam</i>                      | 1:00-2:00<br>YS *<br>Power Vinyasa<br><i>Pia Kamonsit</i>            |
| 2:00-2:45<br>YS *<br>Pilates Fusion<br><i>Lesley Greer</i>         | 12:00-12:50<br>MS *<br>Muay Thai<br><i>Steven Dell</i>            | 12:00-12:30<br>MS *<br>Quick HIIT<br><i>Michael Myers</i>              | 1:00-1:30<br>MS *<br>Best Abs Ever<br><i>Elle Young</i>                | 11:15-11:45<br>MS *<br>Best Abs Ever<br><i>Nicole Steen</i>           | 11:15-12:00<br>YS *<br>Pilates Fusion<br><i>Be Solomon</i>                | 3:30-4:30<br>YS *<br>Yin Yoga<br><i>Lizbeth Vazquez</i>              |
| 3:00-4:15<br>YS *<br>Power Vinyasa<br><i>Brent Laffoon</i>         | 1:00-2:00<br>YS *<br>Vinyasa Yoga<br><i>Alexa Silvaggio</i>       | 12:00-1:00<br>YS *<br>Vinyasa Yoga<br><i>Donovan McGrath</i>           | 3:00-3:50<br>YS *<br>Pilates Mat<br><i>Makena Spooner-Leduff</i>       | 12:00-12:45<br>YS *<br>Pilates Fusion<br><i>Jonathan Jedrzejewski</i> | 12:15-1:15<br>YS *<br>Vinyasa Yoga<br><i>Julianne Volpe</i>               | 4:45-5:30<br>YS *<br>Sound Meditation<br><i>Lizbeth Vazquez</i>      |
| 4:30-5:30<br>YS *<br>Vinyasa Yoga<br><i>Joseph Seeman</i>          | 3:00-3:45<br>YS *<br>Pilates Fusion<br><i>Andre Aultmon</i>       | 12:30-1:00<br>MS *<br>Best Abs Ever<br><i>Michael Myers</i>            | 4:30-5:30<br>YS *<br>Power Vinyasa<br><i>Buddy Macuha</i>              | 12:15-1:00<br>MS *<br>Rounds: Boxing<br><i>Ronit Koren</i>            | 12:30-1:15<br>MS *<br>Rounds: Boxing<br><i>Steven Dell</i>                |  |
| 5:00-5:45<br>MS *<br>Rounds: Boxing<br><i>Steven Dell</i>          | 4:30-5:30<br>YS *<br>Vinyasa Yoga<br><i>Micki Duran</i>           | 2:00-2:50<br>YS *<br>Pilates Rise<br><i>Luis Cervantes</i>             | 5:00-5:45<br>MS *<br>Athletic Conditioning<br><i>Myles Rodney</i>      | 1:00-2:00<br>YS *<br>Power Vinyasa<br><i>Joseph Seeman</i>            | 1:30-2:15<br>MS *<br>Cardio Dance<br><i>Odell</i>                         |  |
| 5:45-6:15<br>MS *<br>Best Abs Ever<br><i>Steven Dell</i>           | 5:00-5:45<br>MS *<br>Athletic Conditioning<br><i>Myles Rodney</i> | 3:30-4:15<br>YS *<br>Sound Meditation<br><i>Buddy Macuha</i>           | 5:00-5:45<br>TR *<br>Precision Run +<br>Strength<br><i>Nik Andrews</i> | 3:30-4:15<br>YS *<br>Pilates Fusion<br><i>Lesley Greer</i>            | 1:30-2:15<br>YS *<br>Pilates Fusion<br><i>Kate Willson</i>                |  |
| 5:45-6:45<br>YS *<br>Power Vinyasa<br><i>Alexa Silvaggio</i>       | 5:00-5:45<br>TR *<br>Precision Run®<br><i>Nik Andrews</i>         | 4:30-5:30<br>YS *<br>Vinyasa Yoga<br><i>Joseph Seeman</i>              | 6:15-7:00<br>MS *<br>Core6<br><i>Nik Andrews</i>                       | 4:15-5:00<br>TR *<br>Precision Run®<br><i>Oriando Deral</i>           | 2:30-3:15<br>YS *<br>Headstrong Reset<br>Meditation<br><i>Jad Kassouf</i> |  |
| 6:00-6:50<br>CS *<br>Anthem Ride<br><i>Joseph Seeman</i>           | 6:15-7:00<br>YS *<br>Pilates Fusion<br><i>Lesley Greer</i>        | 5:00-5:45<br>MS *<br>Stronger<br><i>Luis Cervantes</i>                 | 6:15-7:00<br>YS *<br>Pilates Fusion<br><i>Lesley Greer</i>             | 4:30-5:30<br>YS *<br>Power Vinyasa<br><i>Buddy Macuha</i>             | 3:30-4:30<br>YS *<br>Weekend Wind Down<br>Yoga<br><i>Gina Brown</i>       |  |
| 7:00-7:45<br>MS *<br>Pilates Mat<br><i>Chris Stanley</i>           | 6:30-7:15<br>MS *<br>TRX Max<br><i>Valintine Baker</i>            | 6:00-6:50<br>CS *<br>Beats Ride<br><i>Joseph Seeman</i>                | 7:30-8:30<br>YS *<br>Power Vinyasa<br><i>Lesley Greer</i>              | 5:15-6:00<br>MS *<br>Stronger<br><i>Oriando Deral</i>                 |   |  |
| 7:00-8:00<br>YS *<br>Restorative Yoga<br><i>Ali Farahanny</i>      | 7:30-8:30<br>YS *<br>Vinyasa Yoga<br><i>Lesley Greer</i>          | 6:00-6:45<br>MS *<br>Body Sculpt<br><i>Trevor Kent</i>                 |  | 5:45-6:30<br>YS *<br>Sound Meditation<br><i>Buddy Macuha</i>          |   |  |
|  |   | 6:15-7:00<br>TR *<br>Precision Run®<br><i>Cara Hailey</i>              |  |   |   |  |
|  |   | 6:30-7:30<br>YS *<br>Power Vinyasa<br>(Heated)<br><i>Teo Chapelier</i> |  |   |   |  |
|  |   | 7:00-7:45<br>MS *<br>Pilates Fusion<br><i>Trevor Kent</i>              |  |   |   |  |

# EQUINOX

## WEST HOLLYWOOD

8590 Sunset Blvd

WEST HOLLYWOOD CA 90069

EQUINOX.COM

@EQUINOX

**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**

**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.

**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 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.

**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.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. 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**

**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.

**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.