EQUINOX **WEST HOLLYWOOD**

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

7:00-7:45 MS *	Body Sculpt *Ali Farahani*
7:00-7:45 TR *	Precision Run® *Jenia Koroleva*
8:45-9:30 YS *	Pilates Mat *Jonathan Jedrzejewski*
9:15-10:00 TR *	Precision Run® *Jenia Koroleva*
9:30-10:15 MS *	MetCon Monday *Nik Andrews*
10:00-11:00 YS *	Power Vinyasa *Teo Chapelier*
10:15-10:45 MS *	Best Abs Ever *Nik Andrews*
12:00-12:45 MS *	Stronger *Monique Bell*
2:00-2:45 YS *	Barefoot Sculpt: The Ring *Lesley Greer*
3:00-4:15 YS *	Power Vinyasa *Brent Laffoon*
4:30-5:30 YS *	Vinyasa Yoga *Joseph Seeman*
5:00-5:45 MS *	Rounds: Boxing *Steven Dell*
5:45-6:15 MS *	Best Abs Ever *Steven Dell*
5:45-6:45 YS *	Power Vinyasa *Alexa Silvaggio*
6:15-7:00 MS *	Athletic Stretch *Joseph Seeman*
7:00-7:45 YS *	Pilates Mat *Chris Stanley*
7:15-8:00 MS *	Body Sculpt *Ali Farahani*
8:15-9:00 YS *	Sound Meditation *Pete Lee*

TUESDAY

6:30-7:15 TR *	Precision Run® *Cara Hailey*
7:00-8:00 YS *	Power Vinyasa *Gavriella Rubin*
7:15-8:05 MS *	360 Strength *Nik Andrews*
9:00-9:45 YS *	Pilates Fusion *Catt Yiu*
9:15-10:05 MS *	Body Sculpt *Frances Flores*
10:30-11:30 YS *	Vinyasa Yoga *Frances Flores*
11:00-11:45 MS *	Stronger Women *Elle Young*
12:15-1:00 MS *	Muay Thai *Steven Dell*
1:00-2:00 YS *	Vinyasa Yoga *Alexa Silvaggio*
3:00-3:45 YS *	Pilates Fusion *Andre Aultmon*
4:00-5:00 YS *	Vinyasa Yoga *Alex Dawson*
5:00-5:45 MS *	Athletic Conditioning *Myles Rodney*
5:00-5:45 TR *	Precision Run® *Nik Andrews*
5:05-5:35 YS *	Headstrong Reset Meditation *Alex Dawson*
6:15-7:00 YS *	Pilates Fusion *Lesley Greer*
6:30-7:15 MS *	TRX Max *Valintine Baker*
7:30-8:30 YS *	Vinyasa Yoga *Lesley Greer*

WEDNESDAY

6:45-7:30 TR *	Precision Run® *Jenia Koroleva*
7:00-7:50 MS *	MetCon3 *Austin Williams*
8:00-8:50 TR *	Precision Run® *Jenia Koroleva*
8:45-9:30 YS *	Pilates Mat *Jaclyn Winters*
9:30-10:15 MS *	Best Butt Ever *Nik Andrews*
9:45-10:45 YS *	Vinyasa Yoga *Jaclyn Winters*
10:15-10:45 MS *	Core6 Express *Nik Andrews*
12:00-12:30 MS *	Quick HIIT *Michael Myers*
12:00-1:00 YS *	Vinyasa Yoga *Donovan McGrath*
12:30-1:00 MS *	Best Abs Ever *Michael Myers*
2:00-2:50 YS *	Pilates Rise *Luis Cervantes*
3:30-4:15 YS *	Sound Meditation *Buddy Macuha*
4:15-5:00 TR *	Precision Run® *Cara Hailey*
4:30-5:30 YS *	Vinyasa Yoga *Joseph Seeman*
5:00-5:45 MS *	**Stronger** ***Andre Aultmon***
6:00-6:45 MS *	Athletic Stretch *Joseph Seeman*
6:30-7:30 YS *	Power Vinyasa *Buddy Macuha*

THURSDAY

7:00-8:00 YS *	Power Vinyasa *Gina Brown*
8:30-9:15 TR *	Precision Run® *Jenia Koroleva*
9:00-9:45 YS *	Pilates Fusion *Catt Yiu*
9:15-10:00 MS *	Athletic Conditioning *Ty Mauro*
10:00-10:30 MS *	Best Abs Ever *Ty Mauro*
10:15-11:05 TR *	Precision Walk: Elevate *Simone Berry*
10:45-11:45 YS *	Power Vinyasa *Gavriella Rubin*
12:00-12:30 MS *	Best Butt Ever *Elle Young*
12:30-1:00 MS *	Upper Body Pump *Elle Young*
1:00-1:30 MS *	Best Abs Ever *Elle Young*
1:30-2:15 YS *	Athletic Stretch *Joseph Seeman*
3:00-3:50 YS *	Pilates Mat *Makena Spooner-Leduff*
4:00-5:00 YS *	Power Vinyasa *Jad Kassouf*
5:00-5:45 MS *	Athletic Conditioning *Myles Rodney*
5:00-5:45 TR *	Precision Run + Strength *Nik Andrews*
6:15-7:00 MS *	Rounds: Boxing *Nik Andrews*
6:15-7:00 YS *	Pilates Fusion *Lesley Greer*
7:30-8:30 YS *	Power Vinyasa *Lesley Greer*

FRIDAY

7:00-7:45 MS *	Leg Day *Nik Andrews*
8:00-8:45 MS *	Athletic Conditioning *Nik Andrews*
8:00-8:45 YS *	Pilates Rise *Larisa Lotz*
9:00-10:00 YS *	**Vinyasa Yoga** ***Gina Brown***
9:30-10:15 MS *	Body Sculpt *Ali Farahani*
10:30-11:15 MS *	Best Butt Ever *Nicole Steen*
10:30-11:20 YS *	Pilates Mat *Jaclyn Winters*
11:15-11:45 MS *	Best Abs Ever *Nicole Steen*
12:00-12:45 YS *	Pilates Fusion *Jonathan Jedrzejewski*
1:00-2:00 YS *	Power Vinyasa *Joseph Seeman*
3:30-4:15 YS *	Pilates Fusion *Lesley Greer*
4:00-4:45 MS *	Studio Dance: GROOV3 *Ben Ayers*
4:30-5:30 YS *	Power Vinyasa *Buddy Macuha*
5:45-6:30 YS *	Sound Meditation *Buddy Macuha*

SATURDAY

8:00-8:50 TR *	Precision Run® *Jenia Koroleva*
8:15-9:00 YS *	Pilates Fusion *Jonathan Jedrzejewski*
9:00-9:45 MS *	Athletic Conditioning *Koni Nwaukoni*
9:00-9:50 TR *	Precision Run® *Jenia Koroleva*
9:15-10:30 YS *	Power Vinyasa *Donovan McGrath*
10:15-11:00 MS *	Leg Day *Collin Sam*
11:15-12:05 MS *	Cardio Dance *Ali Farahani*
11:15-12:00 YS *	Pilates Fusion *Be Solomon*
12:15-1:15 YS *	Vinyasa Yoga *Julianne Volpe*
12:30-1:15 MS *	Rounds: Boxing *Steven Dell*
1:15-1:45 MS *	Best Abs Ever *Steven Dell*
1:30-2:15 YS *	Barefoot Sculpt: The Ring *Kate Willson*
2:30-3:15 YS *	Headstrong Reset Meditation *Jad Kassouf*
3:30-4:30 YS *	Weekend Wind Down Yoga *Gina Brown*

SUNDAY

8:30-9:45 YS *	Vinyasa Yoga *Joseph Seeman*
9:30-10:15 MS *	Body Sculpt *Team Equinox*
10:30-11:30 YS *	Power Vinyasa *Jessie Wren*
11:00-11:45 MS *	BootKAMP *Kupah James*
12:00-12:45 YS *	Barefoot Sculpt: The Ring *Ellie Diez*
12:05-12:50 TR *	Precision Walk: Elevate *Kupah James*
3:30-4:30 YS *	Yin Yoga *Lizbeth Vazquez*
4:45-5:30 YS *	Sound Meditation *Lizbeth Vazquez*

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

EQUINOX

WEST HOLLYWOOD

8590 Sunset Blvd

WEST HOLLYWOOD CA 90069

EQUINOX.COM

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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

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

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.

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.
Studio Dance: GROOV3 Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

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.

Sculpt

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.

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.

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.

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 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.

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.