EQUINOX **SANTA MONICA**

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

6:15-7:15 PR *	Precision Run® *Rene Wiley*
6:30-7:20 MS *	Stronger *Lucy Cohen*
6:45-7:35 YS *	Pilates Fusion (Heated) *Monica Diederich*
7:00-7:45 CS *	SoulCycle at EQX *Eric*
7:45-8:30 MS *	Athletic Conditioning *Marzena Janasik*
8:00-8:45 YS *	True Barre: Bala Bangle *Joyce Ivonne*
8:30-8:45 MS *	Best Abs Ever *Marzena Janasik*
9:00-10:00 YS *	Vinyasa Yoga (Heated) *Laila Arzouni*
9:30-10:15 MS *	Stronger Women *Marzena Janasik*
10:30-11:15 YS *	Barefoot Sculpt *Chris Stanley*
12:15-1:05 YS *	Pilates Rise *Sarah Carr*
12:30-1:30 PR *	Precision Run® *Francesca Pavia*
4:00-4:45 YS *	True Barre: Bala Bangle *Ayanna Contreras*
5:00-5:45 MS *	Athletic Conditioning *Ty Mauro*
5:30-6:15 CS *	SoulCycle at EQX *Eric*
5:30-6:30 PR *	Precision Run® *Jared Sklar*
5:30-6:45 YS *	Power Vinyasa *Dan Ward*
6:00-6:45 MS *	Body Sculpt *Drea Marchesi*
6:30-7:15 CS *	SoulCycle at EQX *Chris P.*
7:00-8:00 PR *	**Precision Run®** ***Dom Bellamy***
7:00-8:00 YS *	Yin Yoga Meditation *Sarah Girard*

TUESDAY

6:00-6:45 CS *	SoulCycle at EQX *Alba*
6:45-7:30 MS *	**Best Butt Ever** ***Lucy Cohen***
6:45-7:45 YS *	Sculpted Yoga™ *Sarah Carr*
7:00-7:45 CS *	SoulCycle at EQX *Emily T.*
7:00-8:00 PR *	Precision Run® *Francesca Pavia*
8:00-8:45 MS *	**Stacked** ***Drea Marchesi***
8:30-9:15 CS *	SoulCycle at EQX *Gina*
9:00-9:50 MS *	Cardio Sculpt *Sarah Kusch*
9:30-10:20 YS *	True Barre: Bala Bangle *Nicholas Duran*
10:30-11:45 YS *	Vinyasa Yoga (Heated) *Steve Jones*
12:15-1:00 MS *	Best Butt Ever *Tracy Washburn*
12:30-1:30 PR *	Precision Run® *Rene Wiley*
4:45-5:30 YS *	Barefoot Sculpt: The Ring *Chris Stanley*
5:00-5:50 MS *	Body Sculpt *Erin Zane*
5:30-6:15 CS *	SoulCycle at EQX *Layla Island*
5:30-6:30 PR *	**Precision Run + Strength** ***Ross Neumann***
6:00-6:45 MS *	Leg Day *Ian Culbertson*
6:00-7:00 YS *	Gentle Yoga *Heather D.*
6:30-7:15 CS *	SoulCycle at EQX *Rob P.*
7:00-8:00 PR *	**Precision Run®** ***Ross Neumann***
7:15-8:00 YS *	Sound Meditation *Nathan Norrington*

WEDNESDAY

6:15-7:15 PR *	Precision Run® *Ian Culbertson*
6:30-7:15 MS *	MetCon3 *Bakari Williams*
6:45-7:45 YS *	Pilates Fusion *Sarah Carr*
7:00-7:45 CS *	SoulCycle at EQX *Hana*
7:30-8:20 PR *	Fully Vested *Jared Sklar*
8:00-8:45 MS *	Stronger *Marzena Janasik*
8:15-9:00 YS *	Pilates Mat *Chris Stanley*
8:30-9:15 CS *	SoulCycle at EQX *Emily T.*
9:15-10:15 YS *	**Power Vinyasa** ***Cailyn O'Donnell***
9:30-10:15 MS *	**Stacked** ***Marzena Janasik***
10:30-11:15 YS *	**Barefoot Sculpt: The Ring** ***Cailyn O'Donnell***
12:15-1:05 YS *	Pilates Fusion *Sarah Kusch*
4:00-4:45 YS *	True Barre *Sarah Kusch*
5:00-5:45 MS *	**Stronger** ***Drea Marchesi***
5:30-6:15 CS *	SoulCycle at EQX *Eric*
5:30-6:30 PR *	Precision Run® *Jared Sklar*
5:30-6:30 YS *	**Vinyasa Yoga (Heated)** ***Aren Wolf***
6:00-6:45 MS *	**Stacked** ***Ty Mauro***
6:30-7:15 CS *	SoulCycle at EQX *Chris P.*
7:00-8:00 PR *	**Precision Run®** ***Ian Culbertson***
7:00-7:50 YS *	Pilates Fusion (Heated) *Savannah Solley*

THURSDAY

6:00-6:45 CS *	SoulCycle at EQX *Alba*
6:45-7:30 MS *	**Athletic Conditioning** ***Marzena Janasik***
6:45-7:30 YS *	Barefoot Sculpt *Tessa Southwell*
7:00-7:45 CS *	SoulCycle at EQX *Emily T.*
7:00-8:00 PR *	Precision Run® *Francesca Pavia*
8:00-8:45 MS *	Best Butt Ever *Marzena Janasik*
8:00-8:45 YS *	Pilates Fusion *Monica Diederich*
8:30-9:15 CS *	SoulCycle at EQX *Gina*
9:00-9:45 MS *	Cardio Sculpt *Emma Ellis*
10:30-11:15 YS *	True Barre *Sarah Kusch*
12:15-1:05 MS *	Body Sculpt *Sarah Kusch*
4:00-4:50 MS *	Stronger *Ty Mauro*
5:00-5:45 MS *	Best Stretch Ever *Jay Cruz*
5:00-5:50 PR *	Fully Vested *Ian Culbertson*
5:30-6:15 CS *	SoulCycle at EQX *Layla Island*
5:30-6:15 YS *	Pilates Mat *Joyce Ivonne*
6:00-6:50 MS *	Studio Dance: Hip Hop *Nkechi Okonkwo*
6:30-7:15 CS *	SoulCycle at EQX *Rob P.*
7:00-8:00 YS *	Sculpted Yoga™ (Heated) *Laila Arzouni*

FRIDAY

6:15-7:15 PR *	Precision Run® *Ross Neumann*
6:45-7:30 YS *	Barefoot Sculpt: The Ring *Jillian Forster*
7:00-7:45 CS *	SoulCycle at EQX *Alba*
8:00-8:50 MS *	Body Sculpt *Kari McKillip*
8:30-9:15 CS *	SoulCycle at EQX *Emily T.*
9:15-10:15 YS *	Vinyasa Yoga *Steve Jones*
9:30-10:15 CS *	SoulCycle at EQX *Lo*
9:30-10:15 MS *	Stronger *Ty Mauro*
10:30-11:30 YS *	Pilates Fusion (Heated) *Sarah Kusch*
12:15-1:05 YS *	True Barre: Bala Bangle *Sarah Carr*
12:30-1:30 PR *	Precision Run® *Rene Wiley*
4:00-5:00 YS *	Vinyasa Yoga (Heated) *Laila Arzouni*
5:00-5:45 MS *	Athletic Conditioning *Steven Maresca*
5:15-6:05 YS *	Pilates Rise *Sarah Carr*

SATURDAY

7:30-8:15 CS *	SoulCycle at EQX *Emily T.*
8:15-9:15 PR *	Precision Run + Strength *Ross Neumann*
8:30-9:15 CS *	SoulCycle at EQX *Hana*
8:30-9:20 MS *	Body Sculpt *Sarah Kusch*
8:30-9:15 YS *	True Barre *Savannah Solley*
9:30-10:30 CS *	SoulSurvivor at EQX *Lo*
9:30-10:20 MS *	Stacked *Sarah Kusch*
9:30-10:20 YS *	Pilates Fusion (Heated) *Savannah Solley*
9:45-10:45 PR *	Precision Run® *Rene Wiley*
10:30-11:20 MS *	**Stronger** ***Ty Mauro***
10:45-11:30 CS *	SoulCycle at EQX *Chris P.*
10:45-12:00 YS *	Vinyasa Yoga (Heated) *Jessie Wren*
11:30-12:30 PR *	Precision Run® *Rene Wiley*
11:45-12:30 CS *	SoulCycle at EQX *Eric*
12:15-1:00 MS *	**Cardio Sculpt** ***Kari McKillip***
3:00-4:00 YS *	Gentle Yoga *Remi Chiovaro*

SUNDAY

8:00-8:45 MS *	**Best Butt Ever** ***Marzena Janasik***
8:15-9:15 PR *	Fully Vested *Ross Neumann*
8:30-9:15 CS *	SoulCycle at EQX *Gina*
9:00-9:45 MS *	The Cut *Marzena Janasik*
9:30-10:15 CS *	SoulCycle at EQX *Gina*
9:30-10:30 PR *	**Precision Run®** ***Ross Neumann***
9:30-10:15 YS *	Pilates Fusion *Sara McGowan*
10:00-10:45 MS *	Cardio Dance *Dane Sorensen*
10:00-10:50 RD *	Athletic Conditioning *Marzena Janasik*
10:45-11:30 CS *	SoulCycle at EQX *Rob P.*
10:45-11:45 YS *	Vinyasa Yoga (Heated) *Dan Ward*
11:00-11:50 MS *	Stronger *Sarah Kusch*
12:00-12:45 YS *	Barefoot Sculpt *Madisyn Maniff*
1:30-2:15 YS *	Sound Meditation *Lizbeth Vazquez*
4:00-5:00 YS *	Weekend Wind Down Yoga *Sarah Girard*

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

EQUINOX

SANTA MONICA

201 Santa Monica Boulevard

SANTA MONICA CA 90401

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

marzena.janasik@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

RD Roof Deck

PR PR Lab

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

SoulCycle at EQX Exclusively at Equinox Santa Monica and South Beach. This signature 45-minute full-body indoor cycling workout includes high-intensity cardio, muscle-sculpting strength training, and rhythm-based choreography. But it's so much more than just a workout - it's a powerful mind-body experience. Cycling shoes required. Complimentary pairs available at the SoulCycle front desk. Pedals are compatible with SPD and Look Delta clips.
SoulSurvivor at EQX Exclusively at Equinox Santa Monica and South Beach. A 60-minute version of SoulCycle's signature class, with time for an extended warm-up, even more cardio, and a longer cool-down. Same great SOUL, just more of it. Cycling shoes required. Complimentary pairs available at the SoulCycle front desk. Pedals are compatible with SPD and Look Delta clips.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
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 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.

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: 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

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
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.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Running

Fully Vested Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive
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.

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.
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.
Stacked Maximize your workout by “stacking” targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.
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.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. 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.

Strength

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.