

EQUINOX

SANTA MONICA

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15 Precision Run® PR * Marzena Janasik	6:30-7:20 Beats Ride CS * Stephanie Ho	6:15-7:15 Precision Run® PR * Ian Culbertson	6:30-7:20 Beats Ride CS * Stephanie Ho	6:15-7:15 Precision Run® PR * Ian Culbertson	8:15-9:15 Precision Run + Strength PR * Alexis Harrell	8:15-9:15 Fully Vested Marzena Janasik
6:30-7:20 Stronger Lucy Cohen	6:45-7:45 Sculpted Yoga™ YS * Sarah Carr	6:30-7:15 MetCon3 Lucy Cohen	6:45-7:30 Barefoot Sculpt Tessa Southwell	6:30-7:20 Athletic Conditioning Lucy Cohen	8:30-9:20 Body Sculpt Sarah Kusch	8:30-9:15 Core6 Delandis McClam
7:00-7:50 Pilates Fusion (Heated) YS * Monica Diederich	7:00-7:50 Best Butt Ever MS * Drea Marchesi	7:00-8:00 Vinyasa Yoga (Heated) YS * Sarah Carr	7:00-7:45 Stronger MS * Marzena Janasik	7:00-7:45 Pilates at the Barre Braxton Brooks	8:30-9:15 True Barre YS * Savannah Solley	8:30-9:15 Athletic Stretch Alexis Harrell
7:45-8:30 Athletic Conditioning MS * Marzena Janasik	7:00-8:00 Precision Run® PR * Francesca Pavia	7:30-8:20 Fully Vested PR * Alexis Harrell	7:00-8:00 Precision Run® PR * Francesca Pavia	8:00-8:50 Body Sculpt Sarah Kusch	9:30-10:20 Athletic Conditioning Amy Dixon	9:30-10:15 Pilates Fusion YS * Sara McGowan
8:15-9:00 True Barre YS * Jenna Solkow	8:00-9:00 Vinyasa Yoga YS * Skip Jennings	8:00-8:45 Stronger MS * Caitlyn Moyer	8:00-8:45 The Cut MS * Marzena Janasik	8:15-9:00 Barefoot Sculpt Kari McKillip	9:30-10:20 Pilates Fusion (Heated) YS * Savannah Solley	9:45-10:45 Precision Run® PR * Alexis Harrell
8:30-8:45 Best Abs Ever MS * Marzena Janasik	9:00-9:45 Cardio Sculpt MS * Tracy Washburn	8:15-9:00 Pilates Mat Ian Cahir	8:00-8:45 Pilates Fusion Monica Diederich	9:15-10:15 Vinyasa Yoga Steve Jones	10:00-10:50 Beats Ride CS * Anthony Iglesias	10:00-10:45 Cardio Dance MS * Dane Sorensen
9:15-10:15 Vinyasa Yoga YS * Maeve McCaffrey	9:30-10:20 True Barre: Bala Bangle YS * Nicholas Duran	9:15-10:05 True Barre: Bala Bangle YS * Caitlyn Moyer	9:00-9:45 Athletic Conditioning Steven Maresca	9:30-10:20 Stronger Kari McKillip	10:30-11:20 Beats Ride CS * Tracy Washburn	10:45-11:45 Vinyasa Yoga (Heated) YS * Dan Ward
9:30-10:20 Stronger MS * Marzena Janasik	10:30-11:45 Vinyasa Yoga (Heated) YS * Steve Jones	9:30-10:15 Body Sculpt Pearl Fu	10:30-11:30 Iyengar Yoga Nina Siemaszko	10:30-11:30 Pilates Fusion (Heated) Sarah Kusch	10:30-11:20 Stronger Emily Eckstein	11:00-11:50 Stronger MS * Sarah Kusch
10:30-11:15 Pilates Fusion YS * Chris Stanley	12:00-12:50 Stronger Drea Marchesi	10:30-11:30 Vinyasa Yoga Lotem Porat	12:00-12:50 Body Sculpt Sarah Kusch	12:00-12:45 MetCon3 Emma Brown	10:45-12:00 Vinyasa Yoga (Heated) Philip Anderson	
12:00-12:50 Pilates Rise Sarah Carr	4:00-4:45 MetCon3 MS * Marzena Janasik	12:00-12:50 True Barre Nicholas Duran	12:30-1:30 PR * Precision Run® Marzena Janasik	12:30-1:30 PR * Precision Run® Marzena Janasik	11:30-12:30 Precision Run® PR * Rene Wiley	12:15-1:05 True Barre Sarah Kusch
12:30-1:30 Precision Run® PR * Francesca Pavia	4:45-5:30 Pilates Fusion YS * Jenna Solkow	12:30-1:30 Precision Run® PR * Julie DelaBarre	4:00-4:50 Stronger MS * Ty Mauro	4:00-5:00 PR * Precision Run® PR * Sarah Carr	12:00-12:50 Rounds: Boxing MS * Ronit Koren	4:00-5:00 Weekend Wind Down YS * Sarah Girard
4:00-4:45 Best Stretch Ever MS * Dan Ward	5:00-5:50 Body Sculpt MS * Sarah Kusch	4:00-4:45 Pilates at the Barre YS * Joyce Ivonne	4:00-5:00 Slow Flow Yoga (Heated) YS * Aren Wolf	4:00-5:00 PR * Precision Run® PR * Sarah Carr	12:15-1:00 True Barre (Heated) YS * Dane Sorensen	
4:00-4:45 True Barre: Bala Bangle YS * Ayanna Contreras	5:00-6:00 Fully Vested PR * Ian Culbertson	5:00-5:50 Ropes and Rowers MS * Ty Mauro	5:00-5:50 Fully Vested PR * Ian Culbertson	5:15-6:05 PR * Pilates Rise YS * Sarah Carr	3:00-4:00 Vinyasa Yoga Joyce Ivonne	
5:00-5:45 Athletic Conditioning MS * Ty Mauro	6:00-6:45 Beats Ride CS * Jared Sklar	5:30-6:30 Precision Run® PR * Sarah Carr	5:15-6:00 MS * MetCon3 Bakari Williams	6:30-7:30 Studio Dance: Hip Hop Nkechi Okonkwo		
5:30-6:30 Precision Run® PR * Skip Jennings	6:00-6:50 Stronger MS * Ian Culbertson	5:45-6:45 Vinyasa Yoga (Heated) YS * Lindsey Valdez	5:30-6:15 PR * Pilates Mat Ian Cahir			
5:30-6:45 Power Vinyasa YS * Dan Ward	6:00-7:00 Gentle Yoga YS * Heather D.	6:00-6:45 Best Butt Ever MS * Kim Waldauer	6:15-7:00 PR * Cardio Dance Nkechi Okonkwo			
6:00-6:45 Beats Ride CS * Jared Sklar	6:15-7:15 Precision Run® PR * Rene Wiley	7:00-7:50 Stronger MS * Piper Natoli	6:15-7:15 PR * Precision Run + Strength Ian Culbertson			
6:00-6:45 Core6 Drea Marchesi	7:15-8:00 Sound Meditation Nathan Norrington	7:00-7:50 Pilates Fusion (Heated) YS * Savannah Solley	7:00-8:00 PR * Yin Yoga Sydney Burger			
7:00-8:00 Yin Yoga Meditation YS * Sarah Girard			7:30-8:20 MS * Rounds: Boxing Juanito Alvarez			

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

PR PR Lab

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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

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.

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.

Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

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.

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.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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

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.

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.

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.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.

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.