

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 MS * Athletic Conditioning <i>Jill Austin</i>	6:15-7:00 MS * Cardio Sculpt <i>Nicholas Duran</i>	6:15-7:05 MS * MetCon3 <i>Monique Bell</i>	6:15-7:00 MS * Lower Body Blast <i>Lucy Cohen</i>	6:15-7:05 MS * Stronger <i>Monique Bell</i>	8:15-9:00 YS * Pilates Fusion <i>Jonathan Jedrzejewski</i>	9:00-9:50 MS * Athletic Conditioning <i>Ali Farahanny</i>
6:30-7:20 TR * Precision Run® <i>Ian Culbertson</i>	6:30-7:20 TR * Precision Run® <i>Jenia Koroleva</i>	6:30-7:20 YS * Pilates Fusion (Heated) <i>Kat Colla</i>	6:30-7:20 TR * Precision Run® <i>Jenia Koroleva</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Sara McGowan</i>	8:30-9:15 MS * Stacked <i>Drea Marchesi</i>	9:00-9:45 True Barre: Off the Barre <i>Amanda Beasley</i>
6:30-7:20 YS * Pilates Rise <i>Drea Marchesi</i>	7:00-7:50 CS * Beats Ride <i>Ronit Koren</i>	7:00-7:50 CS * Beats Ride <i>Cosmo Bertollini</i>	7:00-7:50 CS * Anthem Ride <i>Kyra Manayan</i>	6:30-7:20 YS * Pilates Mat <i>Jonathan Jedrzejewski</i>	9:15-10:05 CS * Beats Ride <i>Cosmo Bertollini</i>	YS * Precision Run® <i>Saori Soga</i>
7:30-8:15 MS * MetCon Monday <i>Drea Marchesi</i>	7:15-8:15 YS * Power Vinyasa <i>Dylan Drew</i>	7:15-8:00 MS * Best Stretch Ever <i>Lindsey Hutterer</i>	7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Dylan Drew</i>	7:30-8:15 MS * Body Sculpt <i>Drea Marchesi</i>	9:30-10:20 MS * Stronger <i>Andre Aultmon</i>	10:00-10:50 TR * Hatha Yoga <i>Clio Manuelian</i>
8:15-9:05 YS * True Barre: Bala Bangle <i>Ash Moss</i>	7:30-8:15 MS * Stronger <i>Lindsey Hutterer</i>	7:30-8:15 YS * True Barre: Bala Bangle <i>Amanda Beasley</i>	7:30-8:15 MS * Body Sculpt <i>Kristina DelGrosso</i>	8:30-9:20 YS * True Barre: Bala Bangle <i>Ash Moss</i>	9:30-10:15 YS * Barefoot Sculpt <i>Ayanna Contreras</i>	10:15-11:00 MS * Tabata Max <i>Branden Roth</i>
9:30-10:15 YS * Pilates Fusion <i>Pearl Fu</i>	8:30-9:15 MS * Body Sculpt <i>Jessica Walker</i>	8:30-9:20 MS * Stacked <i>Cosmo Bertollini</i>	8:30-9:20 YS * Pilates Rise (Heated) <i>Drea Marchesi</i>	9:30-10:20 YS * Pilates Mat <i>Chris Stanley</i>	9:45-10:35 TR * Precision Run® <i>Ross Neumann</i>	10:30-11:20 CS * Beats Ride <i>G.G. Aizcorbe</i>
10:15-11:00 MS * Cardio Sculpt <i>Nicholas Duran</i>	9:45-10:35 YS * True Barre: Bala Bangle <i>Jessica Walker</i>	9:30-10:20 YS * Pilates Fusion <i>Cynthia San Luis</i>	9:00-9:45 MS * Athletic Conditioning <i>Katie Brummer</i>	10:15-11:00 MS * Lower Body Blast <i>Aaron Bryant</i>	10:30-11:20 MS * True Barre: Cardio <i>Andre Aultmon</i>	
	10:30-11:20 MS * MetCon3 <i>Andre Aultmon</i>	10:15-11:00 MS * Stronger <i>Chris Schram</i>	9:45-10:30 YS * True Barre: Off the Barre <i>Nicholas Duran</i>		11:00-12:00 YS * Vinyasa Yoga <i>Jad Kassouf</i>	11:30-12:15 MS * Rounds: Boxing <i>Ronit Koren</i>
12:00-1:00 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	12:00-12:50 YS * Pilates Fusion <i>Pearl Fu</i>	12:00-1:00 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	10:30-11:20 MS * Whipped! <i>Lindsey Hutterer</i>	12:00-1:00 YS * Vinyasa Yoga <i>Pia Kamonsit</i>	11:00-12:00 CL * Precision Run Club <i>Marcus Mota</i>	11:30-12:30 YS * Restorative Yoga <i>Saori Soga</i>
12:30-1:00 MS * Best Butt Ever <i>Jessica Walker</i>	1:00-2:00 YS * Power Vinyasa <i>Brent Laffoon</i>	12:30-1:20 MS * MetCon3 <i>Titus-R'icard Baldwin</i>	10:45-11:45 YS * Gentle Yoga <i>Skip Jennings</i>	1:30-2:20 YS * Pilates Fusion <i>Pia Kamonsit</i>	11:30-12:15 MS * Best Stretch Ever <i>Jad Kassouf</i>	1:00-1:50 YS * Pilates Mat <i>Jonathan Jedrzejewski</i>
1:00-1:15 MS * Upper Body Pump <i>Jessica Walker</i>			12:00-12:50 YS * Pilates Rise <i>Cynthia San Luis</i>	4:00-4:50 YS * Vinyasa Yoga (Heated) <i>Shannon Branham</i>	12:15-1:00 YS * Pilates Fusion <i>Regina Santos</i>	4:00-5:00 YS * Slow Flow Yoga <i>Rachel Kennedy</i>
1:15-1:30 MS * Best Abs Ever <i>Jessica Walker</i>	4:00-4:50 YS * Pilates Fusion <i>Pia Kamonsit</i>	4:00-4:50 YS * Pilates Mat <i>Ayanna Contreras</i>	1:00-2:00 YS * Hatha Yoga <i>Clio Manuelian</i>	5:00-5:45 MS * Athletic Conditioning <i>Juanito Alvarez</i>	1:15-2:30 YS * Vinyasa Yoga <i>Heather D.</i>	
	5:00-5:50 CS * Anthem Ride <i>Christina Davis</i>	4:45-5:15 MS * Best Butt Ever <i>Nik Andrews</i>		6:00-6:50 YS * Pilates Fusion (Heated) <i>Shannon Branham</i>	2:45-3:30 YS * Sound Meditation <i>Pua Hall</i>	
4:00-4:50 YS * Pilates Mat <i>Chris Stanley</i>	5:15-6:00 MS * MetCon3 <i>Jessica Walker</i>	5:15-5:45 MS * Best Abs Ever <i>Nik Andrews</i>	4:00-4:50 YS * Pilates Rise <i>Regina Santos</i>			
5:00-5:45 MS * Studio Dance: GROOV3 <i>Ben Ayers</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Jad Kassouf</i>	5:45-6:45 YS * Vinyasa Yoga <i>Rachel Kennedy</i>	5:15-6:05 MS * Stronger <i>Titus-R'icard Baldwin</i>			
5:15-6:15 YS * Vinyasa Yoga <i>Dylan Drew</i>	6:15-7:00 MS * Athletic Conditioning <i>Sam Hassas</i>	6:15-7:00 MS * Rounds: Boxing <i>Nik Andrews</i>	5:30-6:30 YS * Vinyasa Yoga <i>Kat Colla</i>			
6:00-6:50 CS * Beats Ride <i>Karen Schneider</i>	6:45-7:30 YS * Pilates Fusion <i>Meri Bobber</i>	7:15-8:00 MS * Athletic Conditioning <i>Myles Rodney</i>	6:00-6:50 CS * Precision Ride <i>Jeff McMullen</i>			
6:15-7:00 MS * Athletic Conditioning <i>Myles Rodney</i>	7:15-7:45 MS * Best Abs Ever <i>Sam Hassas</i>	7:45-8:30 YS * True Barre: Bala Bangle <i>Jeff McMullen</i>	6:45-7:30 YS * Pilates Fusion <i>Nora Harris</i>			
6:15-7:05 TR * Precision Run® <i>Ross Neumann</i>						
6:30-7:30 YS * Vinyasa Yoga <i>Buddy Macuha</i>						
7:15-8:00 MS * Rounds: Boxing <i>Juanito Alvarez</i>						
7:45-8:30 YS * Sonic Meditation <i>Buddy Macuha</i>						

EQUINOX

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MON-THU 05:00 AM 10:00 PM
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SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER
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SIGNATURE CLASSES.
ACCLAIMED INSTRUCTORS.
TRANSFORMED BODIES.

STUDIO KEY
CS Cycling Studio
MS Main Studio
YS Yoga Studio
TR Treadmill Area
CL Club Lobby

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.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

Running

Precision Run Club Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. 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

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.
Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
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.
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.

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.
Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.
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.
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.
Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.
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.

Barre

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.
True Barre: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.
True Barre: Off the Barre This off-the-barre sculpt class uses light weights and props 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.

Dance

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

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

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.
Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.
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.