EQUINOX

WESTWOOD

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

6:15-7:00 MS *	Body Sculpt *Jill Austin*
6:30-7:20 TR *	Precision Run® *Ian Culbertson*
7:30-8:15 YS *	Barefoot Sculpt: The Ring *Drea Marchesi*
9:30-10:15 YS *	Pilates Fusion *Pearl Fu*
10:15-11:00 MS *	Cardio Sculpt *Nicholas Duran*
12:00-1:00 YS *	Vinyasa Yoga *Austin Hollingshead*
12:30-1:00 MS *	Best Butt Ever *Jessica Halford*
1:00-1:15 MS *	Upper Body Pump *Jessica Halford*
1:15-1:30 MS *	Best Abs Ever *Jessica Halford*
1:15-2:00 YS *	**Athletic Stretch** ***Braxton Brooks***
4:00-4:50 YS *	Pilates Fusion *Nora Harris*
5:15-6:00 MS *	Stronger *Monique Bell*
5:15-6:15 YS *	Power Vinyasa *Dylan Drew*
6:00-6:50 CS *	Beats Ride *Karen Schneider*
6:15-7:00 MS *	Athletic Conditioning *Myles Rodney*
6:15-7:05 TR *	Precision Run® *Ross Neumann*
6:30-7:30 YS *	Slow Flow Yoga *Buddy Macuha*
7:15-8:00 MS *	Rounds: Boxing *Juanito Alvarez*
7:45-8:30 YS *	Sonic Meditation *Buddy Macuha*

TUESDAY

6:15-7:00 MS *	Core6 *Cosmo Bertollini*
6:30-7:20 TR *	Precision Run® *Jenia Koroleva*
7:15-8:00 MS *	Stronger *Anthony Iglesias*
7:15-8:15 YS *	Power Vinyasa *Dylan Drew*
8:30-9:15 MS *	Body Sculpt *Jessica Halford*
9:45-10:35 YS *	True Barre: Bala Bangle *Jessica Halford*
10:30-11:15 MS *	MetCon3 *Braxton Brooks*
12:00-12:45 YS *	Pilates Fusion *Andre Aultmon*
1:00-2:00 YS *	Power Vinyasa *Brent Laffoon*
4:00-4:45 YS *	Pilates Fusion *Pia Kamonsit*
5:00-6:00 YS *	Sculpted Yoga™ *Jad Kassouf*
5:15-6:00 MS *	Body Sculpt *Jill Brown*
6:15-7:00 YS *	True Barre: Off the Barre *Joyce Ivonne*
6:30-7:15 MS *	Stacked *Blake Sunshine*
7:15-8:00 YS *	Pilates Fusion *Meri Bobber*

WEDNESDAY

6:15-7:00 MS *	MetCon3 *Kari McKillip*
6:30-7:20 YS *	Pilates Fusion *Kat Colla*
7:00-7:45 CS *	Beats Ride *Jill Brown*
7:30-8:15 YS *	True Barre: Bala Bangle *Amy Bishop*
9:30-10:20 YS *	Pilates Fusion *Cynthia San Luis*
10:15-11:00 MS *	Stronger *Valintine Baker*
12:00-1:00 YS *	Vinyasa Yoga *Austin Hollingshead*
12:30-1:15 MS *	Stacked *Jessica Halford*
1:15-2:15 YS *	**Restorative Yoga** ***Heather D.***
4:00-4:50 YS *	Pilates Mat *Ayanna Contreras*
5:15-5:45 MS *	Core6 Express *Braxton Brooks*
5:45-6:00 MS *	Upper Body Pump *Braxton Brooks*
5:45-6:45 YS *	Vinyasa Yoga *Rachel Kennedy*
6:00-6:45 CS *	Beats Ride *Karen Schneider*
6:15-7:00 MS *	MetCon3 *Ally Rayne*
7:15-8:00 MS *	Athletic Conditioning *Myles Rodney*
7:45-8:30 YS *	True Barre: Bala Bangle *Kirstyn Lazur*

THURSDAY

6:15-7:00 MS *	Cardio Sculpt *Nicholas Duran*
6:30-7:20 TR *	Precision Run® *Jenia Koroleva*
7:15-7:45 MS *	**Best Butt Ever** ***Nkechi Okonkwo***
7:15-8:15 YS *	Power Vinyasa *Dylan Drew*
7:45-8:00 MS *	Upper Body Pump *Nkechi Okonkwo*
8:30-9:20 YS *	Pilates Rise *Drea Marchesi*
9:45-10:30 YS *	True Barre: Off the Barre *Nicholas Duran*
10:30-11:15 MS *	Cardio Dance *Kari McKillip*
12:00-12:45 YS *	Pilates Fusion *Braxton Brooks*
1:00-2:00 YS *	Hatha Yoga *Clio Manuelian*
4:00-4:45 YS *	Pilates Fusion *Deirdra Martinez*
5:00-6:00 YS *	**Power Vinyasa** ***Shayla Hess***
5:15-6:00 MS *	Leg Day *Cynthia San Luis*
6:15-7:05 TR *	Precision Run® *Ross Neumann*
6:15-7:00 YS *	Barefoot Sculpt: The Ring *Cynthia San Luis*
6:30-7:15 MS *	Stronger *Sam Hassas*
7:15-8:05 YS *	Slow Flow Yoga *Regina Santos*

FRIDAY

6:15-7:05 MS *	Stronger *Piper Natoli*
7:30-8:20 YS *	Pilates Mat *Jonathan Jedrzejewski*
9:30-10:15 YS *	Barefoot Sculpt: The Ring *Marcelin Jurbina*
10:15-10:45 MS *	**Leg Day 30** ***Chris Schram***
10:45-11:15 MS *	**Upper Body Pump** ***Chris Schram***
12:00-1:00 YS *	Vinyasa Yoga *Jenny Geyser*
1:30-2:20 YS *	Pilates Fusion *Pia Kamonsit*
4:00-5:00 YS *	Yin Yoga *Lizbeth Vazquez*
5:15-6:00 MS *	Athletic Conditioning *Juanito Alvarez*
5:15-5:45 YS *	Sound Meditation *Lizbeth Vazquez*
6:00-6:15 MS *	Best Abs Ever *Juanito Alvarez*
6:00-6:50 YS *	Pilates Fusion *Regina Santos*

SATURDAY

8:15-9:00 YS *	Pilates Mat *Braxton Brooks*
8:30-9:15 MS *	Athletic Conditioning *Drea Marchesi*
8:30-9:20 TR *	Precision Run® *Christina Davis*
9:30-10:20 MS *	Stronger *Andre Aultmon*
9:30-10:15 YS *	Barefoot Sculpt: The Ring *Ayanna Contreras*
10:30-11:15 CS *	Beats Ride *Cosmo Bertollini*
10:30-11:20 MS *	True Barre: Cardio *Andre Aultmon*
10:30-11:20 YS *	Vinyasa Yoga *Jad Kassouf*
11:30-12:15 MS *	Best Stretch Ever *Jad Kassouf*
12:15-1:00 YS *	Pilates Fusion *Regina Santos*
1:30-2:30 YS *	**Weekend Wind Down Yoga** ***Ashby Drake***
2:45-3:30 YS *	Sound Meditation *Pua Hall*

SUNDAY

9:00-9:45 YS *	True Barre: Off the Barre *Kirstyn Lazur*
9:15-10:00 MS *	MetCon3 *Tanja Djelevic*
10:00-10:50 TR *	Precision Walk: Elevate *Saori Soga*
10:00-11:15 YS *	Hatha Yoga *Clio Manuelian*
10:15-11:05 MS *	Athletic Conditioning *Ali Farahani*
10:30-11:20 CS *	Beats Ride *G.G. Aizcorbe*
11:30-12:15 MS *	Rounds: Boxing *Valintine Baker*
11:30-12:30 YS *	Restorative Yoga *Saori Soga*
1:00-1:50 YS *	Pilates Mat *Jonathan Jedrzejewski*
4:00-5:00 YS *	Slow Flow Yoga *Rachel Kennedy*

EQUINOX

WESTWOOD

10960 Wilshire Blvd.

LOS ANGELES CA 90024

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

braxton.brooks@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

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.

Yoga

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.
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.

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.

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.

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.
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.

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.
Leg Day 30 Thirty minutes of 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.
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.

Running

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.

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, dumbbells, 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.
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.
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.

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.

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.

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.
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.