EQUINOX **PALOS VERDES**

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

6:00-6:45 MS *	Athletic Conditioning *Dwayne Jeffers*
8:00-8:45 MS *	MetCon Monday *Gina Potter*
8:15-9:00 TR *	Precision Run® *Titus-R'icard Baldwin*
8:45-9:00 MS *	Best Abs Ever *Gina Potter*
9:00-9:50 CS *	Beats Ride *Casey Sines*
9:15-10:00 MS *	**True Barre: Off the Barre** ***Gina Potter***
10:00-11:00 YS *	Sculpted Yoga™ *Jennifer Allen*
10:15-11:00 MS *	Rhythmic Sculpt *Jennifer Brown*
11:15-12:00 PD *	Hydro Sculpt *Titus-R'icard Baldwin*
11:15-12:15 YS *	Athletic Stretch *Vivian Nguyen*
11:45-12:35 MS *	Cardio Dance *Vicky Efstathiou*
3:00-4:00 PD *	Swim: Pro *Rachel Pinto*
4:45-5:45 YS *	Gentle Yoga *Newton Campbell*
5:45-6:30 MS *	Rounds: Boxing *Kari McKillip*
6:00-6:45 YS *	Pilates Mat *Siena Snure*
6:45-7:45 MS *	Cardio Dance: Zumba® *Angella Blackhall-Royan*
7:00-7:45 YS *	Athletic Stretch *Siena Snure*

TUESDAY

6:00-6:45 TR *	Precision Run + Strength *Mary Vando*
6:15-7:00 MS *	Kettlebell Power *Jacob Miller*
8:15-9:00 YS *	Barefoot Sculpt: The Ring *Jennifer Brown*
8:30-9:15 MS *	Athletic Conditioning *Sharon Kennedy*
9:15-10:15 YS *	Power Vinyasa *Suzy Nece*
9:30-10:15 CS *	Beats Ride *JJ Hendershot-Sailer*
9:30-10:15 MS *	Cardio Sculpt *Kari McKillip*
10:30-11:15 MS *	Pilates Mat *JJ Hendershot-Sailer*
11:30-12:30 MS *	Cardio Dance *Nkechi Okonkwo*
11:30-12:30 YS *	Gentle Yoga *Sun-Haeng Yu*
3:00-4:00 PD *	Swim: Pro *Rachel Pinto*
5:00-6:00 YS *	Sculpted Yoga™ *Jillian Forster*
5:30-6:15 MS *	Leg Day *Juan Hidalgo*
6:15-7:00 YS *	Athletic Stretch *Jessica W. Chen*
6:45-7:45 MS *	Cardio Dance: Zumba® *Angella Blackhall-Royan*

WEDNESDAY

6:00-6:30 MS *	Quick HIIT *Titus-R'icard Baldwin*
6:30-7:00 MS *	Pilates Mat *Titus-R'icard Baldwin*
8:00-9:00 MS *	Athletic Conditioning *Gina Potter*
8:15-9:00 TR *	Precision Walk: Elevate *Titus-R'icard Baldwin*
8:15-9:00 YS *	Pilates Mat *JJ Hendershot-Sailer*
9:00-9:50 CS *	Beats Ride *Mary Vando*
9:15-10:00 MS *	Body Sculpt *Nathan Norrington*
10:00-10:45 YS *	**Best Stretch Ever** ***Titus-R'icard Baldwin***
10:15-11:05 MS *	True Barre: Off the Barre *Nathan Norrington*
11:15-12:00 PD *	Hydro Sculpt *Jillian Forster*
11:15-12:00 YS *	**Pilates Fusion** ***JJ Hendershot-Sailer***
11:30-12:30 MS *	Cardio Dance *Nupeir Garret*
4:45-5:35 YS *	Pilates Fusion *Marisa Gonzalez*
5:45-6:30 MS *	Stronger *Marisa Gonzalez*
6:00-7:00 YS *	Power Vinyasa *Jessica Paquette*
7:00-7:45 YS *	Sound Meditation *Jessica Paquette*

THURSDAY

6:00-6:45 TR *	Precision Run + Strength *Mary Vando*
6:15-7:00 MS *	**Stacked** ***Steven Ross***
8:15-9:00 YS *	**Barefoot Sculpt: The Ring** ***Jennifer Brown***
8:30-9:15 MS *	Leg Day *Titus-R'icard Baldwin*
9:15-10:15 YS *	Athletic Stretch *Jessica W. Chen*
9:30-10:15 CS *	Beats Ride *JJ Hendershot-Sailer*
9:30-10:15 MS *	True Barre: Off the Barre *Jennifer Brown*
10:30-11:15 MS *	Pilates Mat *JJ Hendershot-Sailer*
11:30-12:30 MS *	Cardio Dance: Zumba® *Angella Blackhall-Royan*
11:30-12:30 YS *	Gentle Yoga *Sun-Haeng Yu*
3:00-4:00 PD *	Swim: Pro *Rachel Pinto*
5:00-5:45 MS *	Pilates Mat *Melody Kandil*
5:30-6:30 YS *	Vinyasa Yoga *Nui Kaesmann*
6:30-7:15 MS *	MetCon3 *Sharon Kennedy*

FRIDAY

6:00-6:30 CS *	Beats Ride 30 *Steven Ross*
6:30-7:00 MS *	Kettlebell Power *Steven Ross*
8:00-8:50 MS *	Stronger *Titus-R'icard Baldwin*
8:15-9:00 TR *	Precision Walk: Elevate *Jacob Miller*
9:00-9:45 CS *	Beats Ride *Sharon Kennedy*
9:00-10:00 YS *	Hatha Yoga *Jennifer Allen*
9:15-10:00 MS *	Pilates Mat *Ava Moreno*
10:15-11:00 MS *	Rhythmic Sculpt *Ava Moreno*
11:15-12:00 PD *	Hydro Sculpt *Jillian Forster*
11:15-12:15 YS *	Vinyasa Yoga *Aren Wolf*
11:45-12:35 MS *	Cardio Dance *Vicky Efstathiou*
4:45-5:45 YS *	Yin Yoga + Sound Meditation *Nathan Norrington*

SATURDAY

8:00-8:45 CS *	Beats Ride *Attila Fruttus*
8:00-8:45 MS *	Rounds: Bags and Mitts *Titus-R'icard Baldwin*
8:15-9:00 TR *	Precision Run® *Sharon Kennedy*
8:45-9:30 YS *	Barefoot Sculpt: The Ring *Jillian Forster*
9:00-9:45 MS *	Whipped! *Titus-R'icard Baldwin*
9:45-10:45 YS *	Vinyasa Yoga *Nui Kaesmann*
10:00-11:00 MS *	Athletic Conditioning *Sharon Kennedy*
11:00-11:45 YS *	Pilates Fusion *Annie Sneed*
11:15-12:00 MS *	Athletic Stretch *Jillian Forster*
12:00-1:00 YS *	Weekend Wind Down Yoga *Jessica W. Chen*
12:15-1:15 MS *	Cardio Dance: Zumba® *Angella Blackhall-Royan*

SUNDAY

8:15-9:15 YS *	Power Vinyasa *Sun-Haeng Yu*
8:30-9:15 CS *	Anthem Ride *Casey Sines*
8:30-9:15 MS *	Body Sculpt *Sharon Kennedy*
9:30-10:15 MS *	Athletic Conditioning *Juanito Alvarez*
9:30-10:15 TR *	Precision Walk: Elevate *Casey Sines*
10:30-11:30 YS *	Vinyasa Yoga *Vivian Nguyen*
10:45-11:30 MS *	Barefoot Sculpt *Siena Snure*
11:30-12:30 PD *	Swim: Basics *Rachel Pinto*
12:00-12:50 MS *	Cardio Dance *Vicky Efstathiou*
3:00-4:00 YS *	Weekend Wind Down Yoga *Sun-Haeng Yu*

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

EQUINOX

PALOS VERDES

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EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

Kids

MON-SAT 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

milena.sarian@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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.
Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.



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.
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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



Barre

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.



Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.
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

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.



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.
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.



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.



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.
Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.
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.
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.
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.



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.
Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.



Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.
Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.
Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.



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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.