EQUINOX **WOODLAND HILLS**

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

6:30-7:00 MS *	**Upper Body Pump** ***Celina Vitocruz***
7:00-7:30 MS *	**Leg Day 30** ***Celina Vitocruz***
8:45-9:30 MS *	Stacked *Molly Bailey*
9:30-10:20 CS *	Beats Ride *Trudy Stevens*
9:45-10:30 MS *	Stronger *Skyler Burke*
10:30-11:30 YS *	Vinyasa Yoga *Doug Milliron*
12:15-1:00 YS *	Pilates Fusion *Kerri Scherzay*
12:30-1:15 MS *	MetCon Monday *Laura S. Conley*
5:30-6:15 MS *	MetCon Monday *Trudy Stevens*
5:45-6:30 YS *	**True Barre: Off the Barre** ***Jake DuPree***
6:00-6:45 CS *	Beats Ride *Laura S. Conley*
6:30-7:15 MS *	Body Sculpt *Trudy Stevens*
7:00-7:45 YS *	Pilates Mat *Tatyana Stark*
8:00-8:45 YS *	Sound Meditation *Tierney Dale*

TUESDAY

6:15-7:00 MS *	Core6 *Todd German*
7:30-8:20 CS *	**Beats Ride** ***Stephanie Walsh***
9:00-9:45 MS *	**Stronger** ***Jason Brown***
9:00-9:45 YS *	Barefoot Sculpt: The Ring *Amy Malloy*
10:00-10:45 MS *	**Athletic Conditioning** ***Scott Haddock***
10:00-10:45 YS *	Pilates Rise *Shannon Branham*
12:30-1:00 MS *	Best Butt Ever *Kerri Scherzay*
1:00-1:30 MS *	Upper Body Pump *Kerri Scherzay*
4:30-5:20 YS *	Pilates Mat *Tatyana Stark*
5:30-6:15 MS *	TRX Max *Kerri Scherzay*
5:45-6:30 YS *	**Barefoot Sculpt** ***Anna Orbison***
6:30-7:15 MS *	Stacked *Mikel Weiss*
7:00-7:45 YS *	Best Stretch Ever *Doug Milliron*

WEDNESDAY

6:30-7:15 MS *	Stronger *Sophie Grise*
7:30-8:15 YS *	**Pilates Mat** ***Carrie Samper***
8:45-9:30 MS *	Rounds: Bags and Mitts *Aaron Bryant*
9:15-10:00 YS *	**Sculpted Yoga™** ***Kristyn Evelyn***
9:30-10:20 CS *	Precision Ride *Stephanie Walsh*
9:45-10:30 MS *	Best Butt Ever *Kerri Scherzay*
10:30-11:30 YS *	Slow Flow Yoga *Dhana Stevens*
10:45-11:15 MS *	Upper Body Pump *Laura S. Conley*
11:15-11:45 MS *	Best Abs Ever *Laura S. Conley*
12:30-1:15 MS *	Stronger Women *Elle Young*
4:30-5:15 YS *	**Barefoot Sculpt: The Ring** ***Natalie Schervish***
5:30-6:15 MS *	Stronger *Chris Schram*
6:00-6:50 CS *	Precision Ride *Laura S. Conley*
6:30-7:15 MS *	Studio Dance: GROOV3 *Ben Ayers*
7:00-7:45 YS *	Pilates Fusion *Alexis Rojas*

THURSDAY

6:15-6:45 MS *	Upper Body Pump *Skyler Burke*
6:45-7:15 MS *	Best Abs Ever *Skyler Burke*
9:00-9:45 MS *	**Body Sculpt** ***Trudy Stevens***
9:00-9:45 YS *	Barefoot Sculpt: The Ring *Kerri Scherzay*
10:00-10:45 MS *	**Athletic Conditioning** ***Scott Haddock***
10:00-11:00 YS *	Slow Flow Yoga *Shannon Branham*
12:15-1:00 YS *	Pilates Fusion *Amy Malloy*
12:30-1:00 MS *	Quick HIIT *Trudy Stevens*
1:00-1:30 MS *	Upper Body Pump *Trudy Stevens*
4:30-5:15 YS *	True Barre: Off the Barre *Kadee Sweeney*
5:30-6:00 MS *	**Best Abs Ever** ***Team Equinox***
5:45-6:45 YS *	Gentle Yoga *Anna Orbison*
6:00-6:30 MS *	**Upper Body Pump** ***Team Equinox***
6:30-7:15 MS *	**Best Butt Ever** ***Team Equinox***
7:00-7:45 YS *	**True Barre: Off the Barre** ***Airess Padda***

FRIDAY

6:30-7:15 MS *	TRX Max *Sophie Grise*
8:00-9:00 YS *	**Slow Flow Yoga** ***Margaret Buckley***
8:45-9:30 MS *	Stronger *Elle Young*
9:15-10:00 YS *	Pilates Rise *Karen Pascual*
9:30-10:20 CS *	Beats Ride *Mikel Weiss*
9:45-10:30 MS *	**Stacked** ***Blake Sunshine***
10:30-11:30 YS *	Vinyasa Yoga *Scarlett McCann*
10:45-11:30 MS *	Studio Dance: GROOV3 *Ben Ayers*
12:15-1:00 YS *	True Barre: Off the Barre *Airess Padda*
12:30-1:15 MS *	Stacked *Skyler Burke*
1:30-2:15 MS *	**Best Butt Ever** ***Natalie Yco***
5:00-6:00 YS *	**Slow Flow Yoga** ***Zen Glenn Crocker***
5:30-6:15 MS *	Athletic Conditioning *Rufus Dorsey*
6:00-6:45 YS *	**Sound Meditation** ***Zen Glenn Crocker***

SATURDAY

8:30-9:15 MS *	Stacked *Sophie Grise*
8:30-9:15 YS *	**Barefoot Sculpt: The Ring** ***Natalie Schervish***
9:30-10:20 CS *	Precision Ride *Trudy Stevens*
9:30-10:15 YS *	Pilates Fusion *Kerri Scherzay*
9:35-10:20 MS *	Athletic Conditioning *Laura S. Conley*
10:30-11:30 YS *	Yin Yoga *Shannon Branham*
10:45-11:30 MS *	Stronger *Trudy Stevens*
12:00-12:50 YS *	**Barefoot Sculpt: The Ring** ***Jill Aebli***

SUNDAY

8:30-9:15 CS *	Beats Ride *Todd German*
9:30-10:15 MS *	Circuit Training *Todd German*
10:00-11:00 YS *	Vinyasa Yoga *Zen Glenn Crocker*
10:45-11:15 MS *	**Upper Body Pump** ***Chris Schram***
11:15-11:45 MS *	**Leg Day 30** ***Chris Schram***
12:00-12:45 YS *	Pilates Mat *Chris Stanley*
4:00-5:00 YS *	Yin Yoga + Sound Meditation *Chelsea Elmore*

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

EQUINOX

WOODLAND HILLS

21530 Oxnard Street

WOODLAND HILLS CA 91367

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 07:00 PM

Kids

MON-FRI 08:00 AM 12:00 PM

SAT 08:00 AM 01:00 PM

SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

kerri.scherzay@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

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.
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.

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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
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.
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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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!

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 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.
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.
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.

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.
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.
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 + 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.
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: 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.

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.