

EQUNOX

STUDIO CITY

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
6:15-7:05 360 Strength MS * Sarah MacKay	6:30-7:15 Stronger MS * Elle Young	6:15-7:00 Athletic Conditioning MS * Maya Abu-Mansour	6:15-7:05 Precision Walk: Elevate TR * Sarah MacKay	6:15-7:00 Stacked MS * Derek Ringold	8:15-9:15 Power Vinyasa YS * (Heated) Nicolas Diorio	8:00-8:45 True Barre YS * Ash Moss
6:30-7:20 Precision Run® TR * Andre Aultmon	7:15-8:00 Pilates Mat YS * Larisa Lotz	6:30-7:20 Precision Run + Strength TR * Jill Karrenbrock	6:30-7:20 Whipped! Elle Young	7:15-8:00 Stronger MS * Maya Abu-Mansour	8:45-9:35 Whipped! Claire Kampschroeder	
7:00-8:00 Vinyasa Yoga (Heated) YS * Micki Duran	7:30-8:15 Stacked MS * Elle Young	7:00-8:00 Yin Yoga Meditation (Heated) Shannon Branham	7:15-8:00 True Barre: Bala Bangle Claire Kampschroeder	7:15-8:00 Pilates Mat YS * Poirsha Woolfork	9:00-9:50 Pilates Mat Chris Stanley	
7:15-8:00 Core6 MS * Jenny Ferrero	8:30-9:30 Power Vinyasa (Heated) Grace Huang	7:30-8:15 Stacked MS * Emily Matt	7:30-8:15 Stacked MS * Nik Andrews	8:30-9:15 Ropes and Rowers Megan Lera	9:45-10:30 Precision Run® Tiffany Daniels	
8:30-9:15 Limited Series: Stronger Women MS * Elle Young	8:45-9:35 360 Strength Claire Kampschroeder	8:30-9:15 Best Butt Ever Natalie Yco	8:30-9:30 Power Vinyasa (Heated) Grace Huang	8:45-9:30 Beats Ride Orlando Deral	10:00-10:45 Athletic Conditioning Emily Matt	
9:00-9:45 True Barre YS * Lorena Ortiz	9:00-9:45 Beats Ride Lacey Stone	8:45-9:30 Beats Ride Lynsey Harris	9:00-9:45 Pilates at the Barre Braxton Brooks	9:00-9:45 Cardio Sculpt Willis Hao	10:30-11:45 Vinyasa Yoga YS * Nicolas Diorio	
9:15-10:00 Beats Ride CS * Sheila Lee	9:45-10:35 Rhythmic Sculpt Willis Hao	9:00-9:45 Pilates Mat Niki Kramer	9:30-10:30 Beats Ride Christina Davis	10:45-11:15 Upper Body Pump Kim Waldauer	10:45-11:30 Beats Ride CS * Christina Davis	
9:30-10:20 Body Sculpt MS * Trevor Kent	10:30-11:20 True Barre: Off the Barre Luis Cervantes	9:30-10:20 Barefoot Sculpt Ash Moss	9:45-10:30 MetCon3 Dana Perri	10:45-11:45 Vinyasa Yoga Trey Jones	11:00-11:45 Vinyasa Yoga Chrissy Gonzalez	
10:00-11:00 Vinyasa Yoga YS *	10:45-11:35 Studio Dance: Hip Hop Odell	10:00-11:00 Slow Flow Yoga Grace Huang	10:30-11:20 Pilates Fusion Trevor Kent	10:45-11:35 Feel Good Friday: Studio Dance Ilyse Cohen		
10:45-11:30 The Cut MS *	11:45-12:45 Vinyasa Yoga Shannon Branham	10:45-11:30 Studio Dance: GROOV3 Ben Ayers	11:45-12:45 Vinyasa Yoga Joseph Seeman	11:15-12:05 Precision Run® Orlando Deral	12:00-12:45 Pilates Fusion Devan Medrano	
11:15-12:00 Pilates Mat YS * Niki Kramer	12:00-12:45 Best Butt Ever Sheila Lee	11:30-12:15 True Barre Lorena Ortiz	11:45-12:45 True Barre: Off the Barre Dana Perri	12:00-1:15 Vinyasa Yoga (Heated) Jaclyn Winters	12:15-1:00 Best Butt Ever Natalie Schervish	
12:15-1:00 Beats Ride CS * Orlando Deral	1:15-2:00 Pilates Fusion Maya Gorodetsky	12:15-1:00 Beats Ride Stephanie Walsh	12:00-12:50 360 Strength Orlando Deral	12:15-1:00 Beats Ride Lacey Stone	1:30-2:20 Rounds: Bags and Mitts Aaron Bryant	
12:30-1:15 Tabata Max MS * Dana Perri	3:00-3:45 Barefoot Sculpt Tanja Djeljevic	12:30-1:15 Core6 Brandon Mayweather	12:30-1:15 Pilates at the Barre Niki Kramer	12:30-1:15 Stronger Sheila Lee	2:00-3:00 Power Vinyasa Shielu Bharwani	
1:15-2:15 Yin Yoga YS * Chrissy Gonzalez	4:00-4:50 Pilates at the Barre Poirsha Woolfork	1:30-2:30 Yin Yoga (Heated) Trey Jones	1:30-2:30 Pilates Rise Larisa Lotz	1:30-2:15 Core6 Sheila Lee	2:30-3:20 Barefoot Sculpt Tatyana Stark	
3:00-3:50 Pilates Rise YS *	4:45-5:35 Precision Walk: Elevate Jill Karrenbrock	4:45-5:35 Precision Walk: Elevate MS *	4:30-5:15 True Barre Ash Moss	3:00-3:50 Pilates Mat Jaclyn Winters	4:00-5:00 Sound Meditation Saori Soga	
4:30-5:15 True Barre: Bala Bangle Ash Moss	5:00-5:30 Best Abs Ever Natalie Yco	4:30-5:15 Pilates Fusion (Heated) Maya Gorodetsky	4:00-4:45 Stacked Natalie Schervish	4:00-4:45 Barefoot Sculpt Maya Gorodetsky	4:00-5:00 Weekend Wind Down Yoga Eka Ekong	
5:00-5:45 Athletic Conditioning MS * Nik Andrews	5:30-6:00 Upper Body Pump Natalie Yco	5:00-5:45 Stronger Tanja Djeljevic	5:45-7:00 Yin Yoga (Heated) Patrick Minas	4:45-5:45 Yin Yoga Lizbeth Vazquez		
5:30-6:15 Beats Ride CS * Pacey Hansen	5:45-6:45 Sculpted Yoga™ Annie Kelly	5:30-6:15 Beats Ride Orlando Deral	6:00-6:45 Beats Ride Pacey Hansen	5:00-5:45 Core6 Victoria Ralston		
5:45-6:45 Vinyasa Yoga YS * Alessandra Bonetti	6:00-6:45 Beats Ride Tiffany Daniels	5:45-6:45 Vinyasa Yoga Jaclyn Winters	6:15-7:00 Barefoot Sculpt Tatyana Stark	6:00-6:45 Best Butt Ever Victoria Ralston		
6:00-6:45 Rounds: Boxing MS * Nik Andrews	6:15-7:00 Best Butt Ever Natalie Yco	6:00-6:45 Core6 Braxton Brooks	6:15-8:00 Rounds: Boxing Aaron Bryant	6:00-6:45 Sound Meditation Lizbeth Vazquez		
7:00-7:45 Pilates Mat (Heated) YS * Sharifa Bailey	7:15-8:00 Core6 Blake Sunshine	7:00-7:50 Pilates at the Barre Braxton Brooks	7:15-8:00 Vinyasa Yoga Alessandra Bonetti			
7:15-8:00 Stronger MS * Blake Sunshine	7:15-8:30 Vinyasa Yoga (Heated) Micki Duran	7:15-8:05 Studio Dance: Jazz Groove Nico O'Connor				
8:15-9:05 Studio Dance: Jazz Groove MS *	8:15-9:00 Sound Meditation Nico O'Connor	8:15-9:00 Sound Meditation Cici Pringle				
8:15-9:00 Sound Meditation YS *						

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

EQUNOX

STUDIO CITY

12833 Ventura Blvd. Unit 101

STUDIO CITY CA 91604

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MON-THU 05:00 AM 10:30 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

lindsey.hutterer@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.

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.

Yoga

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.

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.

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 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 Bangles 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.

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

Feel Good Friday: Studio Dance Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

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!

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.

Studio Dance: Jazz Groove Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.

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.

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

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.

Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.

Limited Series: Stronger Women Introducing 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.

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.