EQUINOX **STUDIO CITY**

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

6:15-7:05 MS * — Whipped! *Sarah MacKay*
7:00-8:00 YS * — Vinyasa Yoga (Heated) *Micki Duran*
7:15-7:45 MS * — Upper Body Pump *Austin Williams*
7:45-8:15 MS * — Best Abs Ever *Austin Williams*
8:30-9:15 MS * — Stronger Women *Elle Young*
8:45-9:30 CS * — Beats Ride *Orlando Deral*
9:00-9:45 YS * — True Barre *Lorena Ortiz*
9:30-10:15 MS * — Body Sculpt *Blake Sunshine*
10:00-11:00 YS * — Vinyasa Yoga *Kristyn Evelyn*
10:30-11:15 MS * — **Best Butt Ever** ***Sheila Lee***

11:15-12:00 YS * — Pilates Mat *Maddy Dietrich*
11:30-12:20 TR * — **Precision Walk: Elevate** ***Sarah MacKay***
12:30-1:15 MS * — Tabata Max *Dana Perri*
1:15-2:15 YS * — Yin Yoga *Chrissy Gonzalez*
3:00-3:45 YS * — Pilates Rise *Larisa Lotz*

4:30-5:15 YS * — True Barre: Bala Bangle *Ash Moss*
5:00-5:45 MS * — Stronger *Nik Andrews*
5:45-6:45 YS * — Vinyasa Yoga *Alessandra Bonetti*
6:00-6:30 MS * — Best Abs Ever *Nik Andrews*
6:30-7:00 MS * — Upper Body Pump *Nik Andrews*
7:00-7:45 YS * — Pilates Mat (Heated) *Sharifa Bailey*
7:15-8:00 MS * — Leg Day *Blake Sunshine*
8:15-9:05 MS * — Studio Dance: Jazz Groove *Nico O'Connor*
8:15-9:00 YS * — Sound Meditation *Stephanie Morrell*

TUESDAY

6:30-7:15 MS * — Stronger *Elle Young*
7:15-8:00 YS * — Pilates Mat *Larisa Lotz*
7:30-8:15 MS * — Stacked *Elle Young*
8:30-9:30 YS * — Power Vinyasa (Heated) *Grace Huang*
8:45-9:30 MS * — Athletic Conditioning *Jenny Ferrero*
9:00-9:45 CS * — Beats Ride *Lacey Stone*
9:45-10:30 MS * — Rhythmic Sculpt *Ash Moss*
10:30-11:15 YS * — True Barre: Off the Barre *Luis Cervantes*
10:45-11:35 MS * — Studio Dance: Hip Hop *Odell*

11:45-12:45 YS * — Vinyasa Yoga *Shannon Branham*
12:00-12:30 MS * — Upper Body Pump *Sheila Lee*
12:30-1:00 MS * — Core6 Express *Sheila Lee*
1:15-2:00 YS * — Pilates Fusion *Maya Gorodetsky*

4:00-4:45 MS * — Barefoot Sculpt *Natalie Schervish*
5:00-5:30 MS * — Best Abs Ever *Natalie Yco*
5:30-6:00 MS * — Upper Body Pump *Natalie Yco*
5:45-6:30 YS * — **Pilates Fusion** ***Jake DuPree***
6:00-6:45 CS * — Beats Ride *Tiffany Daniels*
6:15-7:00 MS * — Best Butt Ever *Natalie Yco*
7:15-8:30 YS * — Vinyasa Yoga (Heated) *Micki Duran*

WEDNESDAY

6:15-7:00 MS * — Stacked *Maya Abu-Mansour*
7:00-8:00 YS * — Yin Yoga Meditation (Heated) *Shannon Branham*
7:15-8:00 MS * — Stronger *Emily Matt*
8:30-9:15 MS * — Best Butt Ever *Natalie Yco*
9:00-9:45 YS * — Pilates Mat *Maddy Dietrich*
9:45-10:30 MS * — Barefoot Sculpt: The Ring *Ash Moss*
10:00-11:00 YS * — Slow Flow Yoga *Grace Huang*

11:30-12:20 TR * — Precision Walk: Elevate *Brandon Mayweather*
11:30-12:15 YS * — True Barre *Lorena Ortiz*
12:30-1:15 MS * — Stronger *Brandon Mayweather*
1:30-2:30 YS * — Yin Yoga *Trey Jones*

4:30-5:15 YS * — Pilates Fusion *Maya Gorodetsky*
5:00-5:45 MS * — Stacked *Blake Sunshine*
5:45-6:30 YS * — True Barre *Jaclyn Winters*
6:00-6:45 MS * — Stronger Women *Tanja Djelevic*
7:00-8:00 YS * — Yin Yoga *Jaclyn Winters*
7:15-8:05 MS * — Studio Dance: Jazz Groove *Nico O'Connor*
8:15-9:00 YS * — Sound Meditation *Cici Pringle*

THURSDAY

6:30-7:20 MS * — Whipped! *Elle Young*
7:15-8:00 YS * — True Barre: Bala Bangle *Claire Kampschroeder*
7:30-8:15 MS * — Athletic Conditioning *Chris Schram*
8:30-9:30 YS * — Power Vinyasa (Heated) *Grace Huang*
8:45-9:30 MS * — Stronger *Blake Sunshine*
9:00-9:45 CS * — Beats Ride *Christina Davis*
9:45-10:30 MS * — MetCon3 *Jason Brown*
10:30-11:15 YS * — **Pilates Fusion** ***Larisa Lotz***
10:45-11:30 MS * — Best Butt Ever *Nicole Steen*

11:45-12:45 YS * — Vinyasa Yoga *Joseph Seeman*
12:00-12:30 MS * — Upper Body Pump *Celina Vitocruz*
12:30-1:00 MS * — Best Butt Ever *Celina Vitocruz*
1:15-2:00 YS * — Pilates Fusion *Larisa Lotz*

4:30-5:15 YS * — True Barre *Ash Moss*
5:30-6:15 MS * — Stronger *Natalie Schervish*
5:45-7:00 YS * — Yin Yoga (Heated) *Patrick Minas*
6:00-6:45 CS * — Beats Ride *Tiffany Daniels*
6:30-7:15 MS * — Rounds: Boxing *Aaron Bryant*
7:15-8:00 YS * — **Pilates Mat** ***Jake DuPree***
7:30-8:20 MS * — Studio Dance: Hip Hop *Sophia Laemmerhirt*

FRIDAY

6:15-7:00 MS * — Core6 *Sarah MacKay*
7:15-8:00 MS * — Stronger *Maya Abu-Mansour*
7:15-8:00 YS * — Pilates Mat *Tanja Johnston*
8:30-9:15 MS * — **Ropes and Rowers** ***Megan Lera***
8:45-9:30 CS * — Beats Ride *Orlando Deral*
9:00-9:45 YS * — Pilates at the Barre *Braxton Brooks*
9:30-10:15 MS * — **Rhythmic Sculpt** ***Nikita Chaudhry***
9:45-10:35 TR * — Precision Walk: Elevate *Orlando Deral*
10:00-11:00 YS * — Vinyasa Yoga *Trey Jones*
10:45-11:35 MS * — Studio Dance: Dancinerate™ Choreo *Ilyse Cohen*

11:15-12:00 YS * — True Barre: Off the Barre *Claire Kampschroeder*
12:15-1:00 CS * — Beats Ride *Lacey Stone*
12:30-1:15 MS * — Athletic Conditioning *Christina Quarternik*
1:15-2:15 YS * — Sculpted Yoga™ *Newton Campbell*
3:00-3:50 YS * — Pilates Mat *Jaclyn Winters*

4:00-4:45 MS * — Barefoot Sculpt: The Ring *Maya Gorodetsky*
4:45-5:45 YS * — Yin Yoga *Shannon Branham*
5:00-5:30 MS * — Best Abs Ever *Austin Williams*
5:30-6:00 MS * — Upper Body Pump *Austin Williams*
6:00-6:45 YS * — Headstrong Reset Meditation *Shannon Branham*

SATURDAY

8:15-9:15 YS * — Power Vinyasa (Heated) *Nicolas Diiorio*
8:30-9:15 MS * — Stronger *Stephanie Czajkowski*
9:00-9:45 CS * — Beats Ride *Tiffany Daniels*
9:30-10:15 MS * — MetCon3 *Emily Matt*
9:45-10:30 YS * — True Barre: Cardio *Ash Moss*
10:15-11:00 CS * — Beats Ride *Lacey Stone*
10:30-11:00 MS * — Upper Body Pump *Kim Waldauer*
10:45-11:45 YS * — Vinyasa Yoga *Chrissy Gonzalez*
11:00-11:45 MS * — Leg Day *Kim Waldauer*

12:00-1:15 YS * — Vinyasa Yoga *Jaclyn Winters*
1:30-2:15 YS * — Pilates Fusion *Pia Kamonsit*
2:00-2:45 MS * — Best Stretch Ever *Delandis McClam*
3:30-4:30 YS * — Restorative Yoga *Micki Duran*

SUNDAY

8:00-8:45 YS * — True Barre *Ash Moss*
8:45-9:35 MS * — Whipped! *Claire Kampschroeder*
9:00-9:50 YS * — Pilates Mat *Chris Stanley*
9:45-10:30 TR * — Precision Run® *Christina Davis*
10:00-10:45 MS * — Stronger *Jenny Ferrero*
10:30-11:45 YS * — Vinyasa Yoga *Nicolas Diiorio*
10:45-11:30 CS * — Beats Ride *Christina Davis*
11:00-11:45 MS * — Barefoot Sculpt: The Ring *Larisa Lotz*

12:00-12:45 YS * — Pilates Fusion *Eka Ekong*
12:15-1:00 MS * — Best Butt Ever *Natalie Schervish*
1:30-2:15 MS * — Rounds: Bags and Mitts *Aaron Bryant*
3:00-4:00 YS * — **Weekend Wind Down Yoga** ***Eka Ekong***

4:15-5:00 YS * — Sound Meditation *Marian Hawkes*

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

EQUINOX

STUDIO CITY

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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

sheila.lee@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

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.

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 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

Studio Dance: Dancinerate™ Choreo Dance Fitness Expert Ilyse Baker's national dance fitness method "Dancinerate™" teaches you to burn with the beat. Dance step by step in an accessible workout that will tighten and tone, and empower you to reach beyond your comfort zone, have fun and lose yourself in the movement.
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.

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.
Headstrong Reset Meditation An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. 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.
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.

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.
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.

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.

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.

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.
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.