

# EQUNOX

## MARINA DEL REY

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
6:30-7:15 Beats Ride CS * <i>Bernard Colburn</i> 6:30-7:20 Athletic Conditioning MS * <i>Nikki Elliott</i> 7:30-8:20 Pilates Rise YS * <i>Rachel King</i> 8:30-9:15 BootKAMP MS * <i>Jada Kelly</i> 8:45-9:35 Precision Walk: Elevate TR * <i>Sara McGowan</i> 9:00-10:00 Vinyasa Yoga YS * <i>Steve Jones</i> 9:30-10:20 Beats Ride CS * <i>Sara McGowan</i> 9:30-10:20 Beats Ride CS * <i>Bernard Colburn</i> 9:30-10:20 True Barre: Bala Bangle MS * <i>Sydney Bellina</i> 10:30-11:30 Slow Flow Yoga YS * <i>Jocelyn Solomon</i> 12:15-1:00 Pilates Fusion YS * <i>Sara McGowan</i> 4:15-5:00 Cardio Dance MS * <i>Nkechi Okonkwo</i> 4:30-5:15 Pilates Fusion YS * <i>Chris Stanley</i> 5:15-6:05 360 Strength MS * <i>Jeff McMullen</i> 5:45-6:45 Vinyasa Yoga YS * <i>Raphie Chiaramonte</i> 6:15-7:05 Beats Ride CS * <i>Latif Diop</i> 6:15-7:00 MetCon Monday MS * <i>Emma Brown</i> 7:00-8:00 Sculpted Yoga™ YS * <i>Kate Stone</i>	6:15-7:00 Pilates Fusion MS * <i>Sharifa Bailey</i> 7:00-8:00 Vinyasa Yoga YS * <i>Elise Joan</i> 7:15-8:05 Stronger MS * <i>Ty Mauro</i> 8:30-9:20 Barefoot Sculpt MS * <i>Elise Joan</i> 9:00-10:00 Vinyasa Yoga YS * <i>Jess Ray</i> 9:30-10:20 Beats Ride CS * <i>Sara McGowan</i> 9:30-10:20 Limited Series: Stronger Women <i>Caitlyn Moyer</i> 10:30-11:15 Best Stretch Ever <i>Sara McGowan</i> 12:15-1:00 Barefoot Sculpt <i>Maeve McCaffrey</i> 4:30-5:30 Vinyasa Yoga YS * <i>Laila Arzouni</i> 5:15-6:00 Pilates Fusion MS * <i>Drea Marchesi</i> 5:45-6:45 Vinyasa Yoga YS * <i>Austin Hollingshead</i> 6:15-7:00 Beats Ride CS * <i>G.G. Aizcorbe</i> 6:15-7:00 Restorative Yoga <i>Newton Campbell</i> 7:00-8:00 Best Butt Ever MS * <i>Michaelleen Christakos</i>	6:30-7:15 Beats Ride CS * <i>Bernard Colburn</i> 6:30-7:15 Stronger MS * <i>Sara McGowan</i> 7:30-8:20 Pilates Fusion YS * <i>Sara McGowan</i> 8:30-9:15 Core6 MS * <i>Drea Marchesi</i> 9:00-10:00 Vinyasa Yoga YS * <i>Jocelyn Solomon</i> 9:30-10:20 Beats Ride CS * <i>Sara McGowan</i> 9:30-10:20 Beats Ride CS * <i>Tracy Washburn</i> 9:30-10:20 Body Sculpt MS * <i>Marzena Janasik</i> 10:30-11:30 Slow Flow Yoga YS * <i>Jess Ray</i> 12:15-1:00 Pilates Fusion YS * <i>Sarah Carr</i> 4:15-5:05 Studio Dance: Hip Hop MS * <i>Arthur Crenshaw</i> 5:00-6:00 Power Vinyasa YS * <i>Michelle Razavi</i> 5:15-6:00 Beats Ride TR * <i>Heidi Carignan</i> 5:30-6:15 Stacked MS * <i>Ty Mauro</i> 6:15-7:05 Beats Ride CS * <i>Rene Wiley</i> 6:15-7:00 Pilates Mat YS * <i>Darryl Whiting</i> 6:30-7:15 True Barre: Cardio MS * <i>Dane Sorensen</i> 7:30-8:15 Sonic Meditation YS * <i>Pua Hall</i>	6:30-7:15 Core6 MS * <i>Aaron Bryant</i> 7:15-8:00 Barefoot Sculpt MS * <i>Ava Moreno</i> 8:30-9:20 Stronger MS * <i>Derek Ringold</i> 9:00-10:00 Vinyasa Yoga YS * <i>Sara Morton</i> 9:30-10:20 Beats Ride CS * <i>Rene Wiley</i> 9:30-10:20 True Barre: Bala Bangle MS * <i>Ava Moreno</i> 10:30-11:15 Best Stretch Ever MS * <i>Sara McGowan</i> 12:15-1:05 Sculpted Yoga™ MS * <i>Denise Antoine</i> 1:15-2:10 Best Butt Ever MS * <i>Heidi Carignan</i> 2:15-3:10 Body Sculpt MS * <i>Heidi Carignan</i> 3:15-4:10 Vinyasa Yoga YS * <i>Austin Hollingshead</i> 4:15-5:05 Precision Run® MS * <i>Rene Wiley</i> 5:15-6:00 Best Stretch Ever MS * <i>Jay Cruz</i> 6:15-7:15 Beats Ride YS * <i>Maya Fiorella</i>	6:30-7:15 Pilates Fusion MS * <i>Dane Sorensen</i> 7:30-8:30 Power Vinyasa YS * <i>Dylan Drew</i> 8:30-9:15 Stacked MS * <i>Jada Kelly</i> 9:00-10:00 Vinyasa Yoga YS * <i>Sara Morton</i> 9:30-10:20 Beats Ride CS * <i>Sara McGowan</i> 9:30-10:15 Best Butt Ever MS * <i>Tracy Washburn</i> 10:30-11:15 The Cut MS * <i>Marzena Janasik</i> 10:30-11:30 Gentle Yoga YS * <i>Lotem Porat</i> 12:15-1:05 Rhythmic Sculpt MS * <i>Kari McKillip</i> 1:15-2:10 Vinyasa Yoga YS * <i>Daphne Driscoll</i> 2:15-3:10 Body Sculpt MS * <i>Kari McKillip</i> 3:15-4:10 Vinyasa Yoga YS * <i>Daphne Driscoll</i> 4:15-5:05 True Barre: Bala Bangle MS * <i>Michelle Razavi</i> 5:15-6:00 Pilates Fusion MS * <i>Drea Marchesi</i> 5:30-6:20 Stronger MS * <i>Titus-Ricard Baldwin</i> 6:15-7:15 Weekend Wind Down Yoga YS * <i>Trey Jones</i>	8:00-8:45 MetCon3 MS * <i>Simone Berry</i> 8:15-9:05 Pilates Rise YS * <i>Sarah Carr</i> 9:00-9:45 Best Butt Ever MS * <i>Jude Lizama</i> 9:15-10:05 Beats Ride MS * <i>Simone Berry</i> 9:30-10:30 Vinyasa Yoga YS * <i>Valeriya Rimer</i> 10:00-10:50 True Barre: Off the Barre MS * <i>Dane Sorensen</i> 10:00-10:45 Precision Run® TR * <i>Monique Bell</i> 11:00-11:50 Cardio Dance MS * <i>Ali Farahanny</i> 11:15-12:15 Yin Yoga YS * <i>Lotem Porat</i> 12:15-1:05 Rounds: Bags and Mitts MS * <i>Cody Stoute</i> 12:30-1:15 Sound Meditation YS * <i>Tiffany Leonardo</i> 1:15-2:15 Yin Yoga YS * <i>Lotem Porat</i> 2:15-3:10 Rounds: Bags and Mitts MS * <i>Cody Stoute</i> 3:00-4:00 Weekend Wind Down Yoga YS * <i>Kiyomi Takahashi</i>	8:45-9:35 Pilates Fusion YS * <i>Monica Diederich</i> 9:00-9:45 Cardio Sculpt MS * <i>Tracy Washburn</i> 10:00-10:50 Beats Ride CS * <i>Jenn Leitzes</i> 10:00-11:00 Slow Flow Yoga YS * <i>Nicolette Ficchi</i> 11:00-11:45 Core6 MS * <i>Tracy Washburn</i> 12:30-1:20 True Barre: Bala Bangle MS * <i>Tessa Southwell</i> 12:30-1:30 Power Vinyasa YS * <i>Jay Cruz</i> 3:00-4:00 Weekend Wind Down Yoga YS * <i>Kiyomi Takahashi</i>

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## MARINA DEL REY

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EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

sara.mcgowan@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®** 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

**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.

**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.

### ❖ 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.

**BootKAMP** BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

**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.

**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.

**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.

### ❖ 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.

### ❖ 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.

### ❖ 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.

**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.

### ❖ 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.

**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

**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.

### ❖ 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 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.