EQUINOX

MARINA DEL REY

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

6:30-7:15 MS *	**Stacked** ***Titus-R'icard Baldwin***
7:30-8:20 YS *	Pilates Fusion *Lisa Hong*
8:30-9:15 MS *	MetCon Monday *Monique Bell*
8:45-9:35 TR *	Precision Walk: Elevate *Sara McGowan*
9:00-10:00 YS *	Vinyasa Yoga *Steve Jones*
9:30-10:20 CS *	Beats Ride *Bernard Colburn*
9:30-10:20 MS *	True Barre: Bala Bangle *Sydney Belina*
10:30-11:15 MS *	Studio Dance: Hip Hop *Odell*
10:30-11:30 YS *	Slow Flow Yoga *Jocelyn Solomon*
12:15-1:00 YS *	Pilates Fusion *Sara McGowan*
5:15-6:00 MS *	MetCon Monday *Emma Brown*
5:45-6:45 YS *	Vinyasa Yoga *Raphie Chiaramonte*
6:15-7:05 CS *	Beats Ride *Latif Diop*
6:15-7:00 MS *	Barefoot Sculpt: The Ring *Michelle Razavi*
7:00-8:00 YS *	Sculpted Yoga™ *Kate Stone*

TUESDAY

6:15-7:00 MS *	Pilates Fusion *Kari McKillip*
7:00-8:00 YS *	Vinyasa Yoga *Elise Joan*
7:15-8:05 MS *	Stronger *Ty Mauro*
8:30-9:20 MS *	Barefoot Sculpt *Elise Joan*
9:00-10:00 YS *	Vinyasa Yoga *Jess Ray*
9:30-10:20 CS *	Beats Ride *Tracy Washburn*
9:30-10:15 MS *	Stronger Women *Sara McGowan*
10:30-11:15 MS *	Best Stretch Ever *Sara McGowan*
12:15-1:00 MS *	**True Barre: Bala Bangle** ***Sarah Carr***
4:30-5:30 YS *	Vinyasa Yoga *Laila Arzouni*
5:15-6:00 MS *	Pilates Fusion *Drea Marchesi*
5:45-6:45 YS *	Vinyasa Yoga *Austin Hollingshead*
6:15-7:00 MS *	Stronger *Ty Mauro*
7:00-8:00 YS *	Yin Yoga *Antwan Thomas*
7:15-8:00 MS *	Best Butt Ever *Michaeleen Christakos*

WEDNESDAY

6:30-7:15 CS *	Beats Ride *Bernard Colburn*
6:30-7:15 MS *	Stronger *Sara McGowan*
7:30-8:20 YS *	Pilates Fusion *Sara McGowan*
8:30-9:15 MS *	Barefoot Sculpt: The Ring *Ava Moreno*
8:45-9:30 TR *	Precision Walk: Elevate *Sara McGowan*
9:00-10:00 YS *	Vinyasa Yoga *Frances Freitas*
9:30-10:20 CS *	Beats Ride *Orlando Deral*
9:30-10:15 MS *	Body Sculpt *Emma Brown*
10:30-11:30 YS *	Slow Flow Yoga *Jess Ray*
12:15-1:00 YS *	Pilates Fusion *Sarah Carr*
4:15-5:00 MS *	Studio Dance: Hip Hop *Nupeir Garret*
4:30-5:30 YS *	Vinyasa Yoga *Jay Cruz*
5:15-6:00 TR *	Precision Run® *Rene Wiley*
5:30-6:15 MS *	Stacked *Kathy Habert*
6:15-7:05 CS *	Beats Ride *Rene Wiley*
6:15-7:00 YS *	Pilates Mat *Darryl Whiting*
7:30-8:15 YS *	Sonic Meditation *Pua Hall*

THURSDAY

6:15-7:00 MS *	MetCon3 *Orlando Deral*
7:15-8:00 MS *	Barefoot Sculpt *Elise Joan*
8:30-9:20 MS *	Stronger *Derek Ringold*
9:00-10:00 YS *	Vinyasa Yoga *Jocelyn Solomon*
9:30-10:15 CS *	Beats Ride *Rene Wiley*
9:30-10:20 MS *	True Barre: Bala Bangle *Sydney Belina*
10:30-11:15 MS *	Best Stretch Ever *Sara McGowan*
12:15-1:00 MS *	Cardio Dance *Dane Sorensen*
5:15-5:45 MS *	Best Butt Ever *Emma Ellis*
5:45-6:30 MS *	Body Sculpt *Emma Ellis*
5:45-6:45 YS *	Vinyasa Yoga *Austin Hollingshead*
6:45-7:30 MS *	Best Stretch Ever *Jay Cruz*
7:00-7:50 YS *	Pilates Fusion *Maya Fiorella*

FRIDAY

6:30-7:15 MS *	Pilates Fusion *Dane Sorensen*
7:30-8:30 YS *	Power Vinyasa *Laurel Erilane*
8:30-9:15 MS *	Stacked *Jada Kelly*
9:00-10:00 YS *	Vinyasa Yoga *Sarra Morton*
9:30-10:15 CS *	Beats Ride *Sara McGowan*
9:30-10:15 MS *	Best Butt Ever *Tracy Washburn*
10:30-11:15 MS *	The Cut *Marzena Janasik*
10:30-11:30 YS *	Gentle Yoga *Nathan Norrington*
12:15-1:00 YS *	Pilates Fusion *Kari McKillip*
5:15-6:00 YS *	Pilates Fusion *Madisyn Maniff*
5:30-6:15 MS *	Stronger *Titus-R'icard Baldwin*
6:15-7:15 YS *	Weekend Wind Down Yoga *Laurel Erilane*

SATURDAY

8:15-9:05 YS *	Pilates Rise *Sarah Carr*
8:45-9:15 MS *	**Best Butt Ever** ***Jude Lizama***
9:15-10:05 CS *	Beats Ride *Ally Rayne*
9:15-9:45 MS *	**Upper Body Pump** ***Jude Lizama***
9:30-10:30 YS *	Vinyasa Yoga *Valeriya Rimer*
10:00-10:45 MS *	True Barre: Off the Barre *Dane Sorensen*
10:15-11:00 TR *	**Precision Run®** ***Monique Bell***
11:00-11:50 MS *	Cardio Dance *Melissa Zugell*
11:15-12:15 YS *	Yin Yoga *Antwan Thomas*
12:15-1:05 MS *	Rounds: Bags and Mitts *Cody Stoute*
12:30-1:15 YS *	Sound Meditation *Tiffany Leonardo*
4:00-5:00 YS *	Vinyasa Yoga *Kinjal Patel*

SUNDAY

8:45-9:35 YS *	Pilates Fusion *Chelsea Polito*
9:00-9:45 MS *	**Body Sculpt** ***Nathan Norrington***
10:00-10:50 CS *	Beats Ride *Jenn Leitzes*
10:00-10:50 MS *	Stronger *Michaeleen Christakos*
10:00-11:00 YS *	Slow Flow Yoga *Aren Wolf*
11:00-11:45 MS *	Core6 *Tracy Washburn*
12:30-1:30 YS *	**Power Vinyasa** ***Dylan Drew***
2:00-2:50 MS *	**Off the Barre** ***Antwan Thomas***
3:00-4:00 YS *	Weekend Wind Down Yoga *Kiyomi Takahashi*

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

EQUINOX

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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.

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.
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.

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.
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.

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.

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

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.
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

Off the Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.
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: 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

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.

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.

Strength

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.
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.