EQUINOX

BEVERLY 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

6:30-7:15 CS *	Beats Ride *Stephanie Walsh*
6:30-7:15 MS *	Stronger *Ellie Diez*
7:00-8:00 YS *	Vinyasa Yoga *Rachel Ross*
8:30-9:15 MS *	Pilates Rise *Team Equinox*
8:45-9:30 TR *	Precision Walk: Elevate *Jill Brown*
9:30-10:20 MS *	Core6 *Branden Roth*
10:45-11:30 MS *	Cardio Sculpt *Aaron Bryant*
12:00-12:50 MS *	Pilates Fusion *Be Solomon*
1:00-1:45 YS *	Best Stretch Ever *Poopack Bral*
4:00-4:45 MS *	True Barre: Off the Barre *Pia Kamonsit*
5:00-5:45 MS *	MetCon Monday *Abraham Hernandez*
5:45-6:45 YS *	Vinyasa Yoga *Rachel Kennedy*
6:00-6:50 MS *	Cardio Dance: Zumba® *Abraham Hernandez*
6:15-7:00 CS *	Beats Ride *Stephanie Walsh*
7:00-7:45 MS *	Leg Day *Cynthia San Luis*

TUESDAY

6:30-7:15 MS *	Cardio Sculpt *Jill Brown*
8:30-9:15 MS *	Best Butt Ever *Be Solomon*
9:15-10:15 YS *	Iyengar Yoga *Selene Ramirez*
9:30-10:20 MS *	Body Sculpt *Jill Brown*
11:00-11:45 MS *	Pilates at the Barre *Drea Marchesi*
12:00-12:45 MS *	Barefoot Sculpt: The Ring *Kari McKillip*
1:00-2:00 YS *	Restorative Yoga *Poopack Bral*
4:00-4:45 MS *	Pilates Mat *Cynthia San Luis*
5:00-5:45 MS *	Stronger *Branden Roth*
5:45-6:45 YS *	Power Vinyasa *Gina Brown*
6:00-6:45 MS *	Pilates Fusion *Jenny Geyser*
6:15-7:00 CS *	Beats Ride *Branden Roth*
7:00-7:45 MS *	Stacked *Jason Brown*

WEDNESDAY

6:30-7:15 CS *	Beats Ride *Stephanie Walsh*
7:00-8:00 YS *	Vinyasa Yoga *Rachel Ross*
8:30-9:15 MS *	Stronger *Derek Ringold*
8:45-9:30 TR *	Precision Walk: Elevate *Jill Brown*
9:15-10:00 YS *	Best Stretch Ever *Jad Kassouf*
9:30-10:20 MS *	Core6 *Branden Roth*
10:45-11:30 MS *	True Barre: Bala Bangle *Jessica Halford*
12:00-12:45 MS *	Pilates Mat *Cynthia San Luis*
1:00-1:45 MS *	Rhythmic Sculpt *Cynthia San Luis*
4:00-4:45 MS *	Pilates Fusion *Marcelin Jurbina*
5:00-5:45 MS *	Body Sculpt *Christina Moffitino*
5:45-6:45 YS *	Yin Yoga *Jad Kassouf*
6:00-6:45 MS *	Rounds: Boxing *Steven Dell*
6:15-7:00 CS *	Beats Ride *Colette Bowen*

THURSDAY

6:30-7:15 MS *	Athletic Conditioning *Rufus Dorsey*
8:30-9:15 MS *	Cardio Sculpt *Be Solomon*
9:15-10:15 YS *	Vinyasa Yoga *Shielu Bharwani*
9:30-10:20 MS *	Body Sculpt *Branden Roth*
11:00-11:45 MS *	Pilates at the Barre *Jessica Halford*
12:00-12:45 MS *	Pilates Fusion *Marcelin Jurbina*
1:00-2:00 YS *	Gentle Yoga *Poopack Bral*
4:00-4:45 MS *	Barefoot Sculpt: The Ring *Pia Kamonsit*
5:00-5:45 MS *	Leg Day *Branden Roth*
5:45-6:45 YS *	Sculpted Yoga™ *Jad Kassouf*
6:00-6:45 MS *	Pilates Rise *Pia Kamonsit*
7:00-7:45 MS *	Athletic Conditioning *Juanito Alvarez*
7:15-8:00 YS *	Sound Meditation *Pete Lee*

FRIDAY

6:30-7:15 MS *	Body Sculpt *Jill Brown*
7:00-8:00 YS *	Vinyasa Yoga *Rachel Ross*
8:30-9:15 MS *	Athletic Conditioning *Emma Ellis*
8:45-9:30 TR *	Precision Walk: Elevate *Amy Robertson*
9:15-10:00 YS *	Pilates Fusion *Regina Santos*
9:30-10:20 MS *	True Barre: Off the Barre *Dane Sorensen*
10:45-11:30 MS *	Cardio Dance *Dane Sorensen*
10:45-11:45 YS *	Restorative Yoga *Poopack Bral*
12:00-12:45 MS *	Stronger *Luis Cervantes*
1:00-1:50 CS *	Beats Ride *Luis Cervantes*
4:00-4:45 MS *	Cardio Dance *Nicole Steen*
5:00-5:45 MS *	Best Butt Ever *Nicole Steen*
6:00-7:00 YS *	Slow Flow Yoga *Gina Brown*

SATURDAY

8:00-8:45 MS *	Body Sculpt *Jill Brown*
9:00-9:45 MS *	Cardio Sculpt *Be Solomon*
9:30-10:20 CS *	Beats Ride *Edgar Asars*
10:00-10:45 MS *	Rounds: Boxing *Aaron Bryant*
10:30-11:30 YS *	Sculpted Yoga™ *Poopack Bral*
11:15-12:00 MS *	Pilates Fusion *Marcelin Jurbina*
12:00-1:00 YS *	Vinyasa Yoga *Poopack Bral*
12:15-1:00 MS *	Cardio Dance *Shayla Hess*
1:15-2:00 MS *	Pilates at the Barre *Kirstyn Lazur*
2:00-3:00 YS *	Weekend Wind Down Yoga *Shielu Bharwani*

SUNDAY

8:00-8:45 MS *	Barefoot Sculpt: The Ring *Nina Raab*
8:30-9:30 YS *	Vinyasa Yoga *Jad Kassouf*
9:15-10:00 MS *	Rounds: Kickboxing *Steven Dell*
9:30-10:20 CS *	Beats Ride *Stephanie Walsh*
10:30-11:30 YS *	Iyengar Yoga *Selene Ramirez*
10:45-11:30 MS *	Leg Day *Titus-R'icard Baldwin*
11:45-12:30 MS *	Pilates Fusion *Team Equinox*
12:45-1:30 MS *	Barefoot Sculpt *Kirstyn Lazur*
1:15-2:15 YS *	Restorative Yoga *Saori Soga*
2:30-3:15 YS *	Sonic Meditation *Saori Soga*

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

EQUINOX

BEVERLY HILLS

9601 Wilshire Boulevard

BEVERLY HILLS CA 90210

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

branden.biggersroth@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.
Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.
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.



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.
Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.



Boxing

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.
Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.
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, 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.



Running

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.
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.
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: 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.



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.
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.