EQUINOX

SPORTS CLUB LOS ANGELES

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

5:45-6:45 PD *	Swim: Skills + Drills *Danny Halladay*
6:15-7:00 YS *	**Athletic Conditioning** ***Tara Emerson***
7:00-7:50 CS *	Beats Ride *Jorge Luna*
8:00-8:45 YS *	**Body Sculpt** ***Jorge Luna***
9:00-9:50 RQ *	**Studio Dance: Hip Hop** ***Odell***
9:00-10:00 YS *	Vinyasa Yoga *Amy Bishop*
10:15-11:00 TR *	Precision Walk: Elevate *Maeve McCaffrey*
10:15-11:00 YS *	True Barre: Bala Bangle *Luis Cervantes*
11:15-12:05 YS *	Barefoot Sculpt *Karen Voight*
12:30-1:00 YS *	Best Stretch Ever *Amy Bishop*
1:15-2:15 YS *	Iyengar Yoga *Selene Ramirez*
4:30-5:15 YS *	Pilates Rise *Cynthia San Luis*
5:30-6:30 YS *	Power Vinyasa *Denise Antoine*
6:45-7:30 YS *	**MetCon Monday** ***Raneir Pollard***
7:45-8:45 YS *	**Ballet-Style Training** ***Pam Heffler***

TUESDAY

6:15-7:00 YS *	**Athletic Conditioning** ***Derek Ringold***
7:00-7:50 TR *	Precision Walk: Elevate + Strength *Monique Bell*
7:15-8:15 YS *	Vinyasa Yoga *Trey Jones*
8:00-8:45 PG *	TRX Max (Outdoor) *Amy Bishop*
8:30-9:15 YS *	**Pilates Mat** ***Susannah Hake***
9:15-10:05 TR *	Precision Walk: Elevate + Strength *Cosmo Bertollini*
9:30-10:20 PD *	Hydro Sculpt *Katie Harker*
9:30-10:15 YS *	**Mind Body Fit** ***Maeve McCaffrey***
10:30-11:15 PG *	**Best Stretch Ever (Outdoor)** ***Amy Bishop***
10:30-11:30 YS *	Vinyasa Yoga *Maeve McCaffrey*
11:45-12:30 YS *	Tai Chi *Sandra Kim*
12:45-1:30 YS *	Barefoot Sculpt: The Ring *Amy Bishop*
4:15-5:15 YS *	Athletic Stretch *Tara Emerson*
5:30-6:20 TR *	Precision Walk: Elevate *Kupah James*
5:30-6:15 YS *	**Cardio Dance** ***Nicole Steen***
6:30-7:15 YS *	**BootKAMP** ***Kupah James***
7:00-7:50 PD *	Swim: Skills + Drills (L2) *Brian Novak*
7:30-8:30 YS *	**Slow Flow Yoga** ***Lizbeth Vazquez***

WEDNESDAY

5:45-6:45 PD *	Swim: Pro (L2) *Danny Halladay*
6:15-7:00 YS *	**Best Butt Ever** ***Delandis McClam***
7:00-7:50 CS *	Beats Ride *Jorge Luna*
8:00-8:45 YS *	**Body Sculpt** ***Jorge Luna***
9:00-9:50 RQ *	**Studio Dance: Hip Hop** ***Odell***
9:00-10:00 YS *	Vinyasa Yoga *Amy Bishop*
10:15-11:00 TR *	Precision Walk: Elevate *Cosmo Bertollini*
10:15-11:00 YS *	True Barre: Bala Bangle *Amy Bishop*
11:15-12:05 YS *	Barefoot Sculpt *Karen Voight*
12:30-1:00 YS *	Roll and Release *Amy Bishop*
1:15-2:15 YS *	Iyengar Yoga *Selene Ramirez*
3:30-4:25 RD *	Pickleball Workshop (L1) *Rollin Rhone*
4:30-5:25 RD *	Pickleball Workshop (L2) *Rollin Rhone*
4:30-5:15 YS *	Pilates Fusion *Pat Soley*
5:30-6:30 YS *	Vinyasa Yoga *Denise Antoine*
6:45-7:30 YS *	**Cardio Sculpt** ***Raneir Pollard***
7:45-8:45 YS *	**Ballet-Style Training** ***Team Equinox***

THURSDAY

6:15-7:00 YS *	**Athletic Conditioning** ***Derek Ringold***
7:00-7:50 TR *	Precision Walk: Elevate + Strength *Monique Bell*
7:15-8:15 YS *	**Power Vinyasa** ***Alessandra Bonetti***
8:30-9:15 PG *	TRX Max (Outdoor) *Maeve McCaffrey*
8:30-9:15 YS *	**Pilates Fusion** ***Susannah Hake***
9:30-10:15 PD *	Hydro Sculpt *Brian Novak*
9:30-10:15 YS *	**Mind Body Fit** ***Maeve McCaffrey***
10:30-11:15 PG *	**Best Stretch Ever (Outdoor)** ***Jad Kassouf***
10:30-11:30 YS *	Vinyasa Yoga *Maeve McCaffrey*
11:45-12:30 YS *	Tai Chi *Sandra Kim*
12:45-1:30 YS *	Barefoot Sculpt: The Ring *Amy Bishop*
4:15-5:00 YS *	**Barefoot Sculpt: The Ring** ***Joseph Corella***
5:30-6:15 PG *	**Rounds: Boxing (Outdoor)** ***Nupeir Garret***
5:30-6:20 TR *	Precision Walk: Elevate *Kupah James*
5:30-6:15 YS *	True Barre *Tierney Dale*
6:30-7:15 YS *	**BootKAMP** ***Kupah James***
7:00-7:50 PD *	Swim: Skills + Drills (L2) *Ian Culbertson*
7:30-8:15 YS *	**Headstrong Reset Meditation** ***Alessandra Bonetti***

FRIDAY

5:45-6:45 PD *	Swim: Skills + Drills *Danny Halladay*
6:15-7:00 YS *	**Athletic Conditioning** ***Tara Emerson***
7:00-7:50 CS *	**Beats Ride** ***Stephanie Walsh***
8:00-8:45 YS *	**Cardio Sculpt** ***Rufus Dorsey***
9:00-10:00 YS *	Vinyasa Yoga *Jad Kassouf*
9:15-10:05 TR *	Precision Walk: Elevate *Monique Bell*
10:15-11:00 YS *	Pilates Mat *Pat Soley*
11:15-12:00 YS *	Best Stretch Ever *Jay Cruz*
12:15-1:15 YS *	Athletic Stretch *Tara Emerson*
5:00-5:45 YS *	**Leg Day** ***Sam Hassas***
6:00-6:50 YS *	**Vinyasa Yoga** ***Jad Kassouf***
7:00-7:45 YS *	**Sonic Meditation** ***Jad Kassouf***

SATURDAY

8:00-8:45 CS *	Beats Ride *Dan Rappa*
8:00-8:45 YS *	**Cardio Sculpt** ***Kari McKillip***
8:15-9:00 PG *	Rounds: Boxing (Outdoor) *Rufus Dorsey*
8:45-9:35 TR *	Precision Run® *Carrie Curtis*
9:00-9:45 YS *	**Mind Body Fit** ***Maeve McCaffrey***
9:30-10:55 RD *	**Pickleball Workshop (L2)** ***Rollin Rhone***
10:00-10:50 PD *	Hydro Sculpt *Katie Harker*
10:00-10:45 YS *	**Barefoot Sculpt** ***Karen Voight***
10:15-11:00 PG *	**TRX Max Circuit (Outdoor)** ***Maeve McCaffrey***
11:00-11:50 PD *	**Hydro Sculpt** ***Katie Harker***
11:00-12:25 RD *	Pickleball Workshop (L1) *Rollin Rhone*
11:00-11:45 YS *	**Studio Dance: Hip Hop** ***Odell***
12:30-1:30 YS *	Yin Yoga *Nina Raab*
1:35-2:05 YS *	Sound Meditation *Nina Raab*
4:00-4:45 YS *	Pilates Fusion *Pia Kamonsit*

SUNDAY

8:15-9:00 PG *	**Cardio Dance (Outdoor)** ***Dane Sorensen***
8:15-9:00 YS *	**Pilates Rise** ***Jenny Geyser***
8:30-9:15 CS *	Beats Ride *Jorge Luna*
9:15-10:05 TR *	Precision Walk: Elevate *Carrie Curtis*
9:15-10:00 YS *	**BootKAMP** ***Kupah James***
10:00-11:00 PG *	PGX: Playground Experience (Outdoor) *Ian Culbertson*
10:15-11:05 PD *	Hydro Sculpt *Katie Harker*
10:15-11:00 YS *	**Best Stretch Ever** ***Jad Kassouf***
11:15-12:15 YS *	**Hatha Yoga** ***Rachel Kennedy***
12:30-1:20 YS *	**Tai Chi** ***Elmira Rahim***
3:30-4:15 YS *	Weekend Wind Down Yoga *Regina Santos*
4:20-4:50 YS *	Headstrong Reset Meditation *Regina Santos*

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

EQUINOX

SPORTS CLUB LOS ANGELES

1835 S. Sepulveda Blvd

LOS ANGELES CA 90025

EQUINOX.COM

@EQUINOX

MON-FRI 05:00 AM 11:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

amy.bishop@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

RD Roof Deck

PG The Playground

RQ Racquetball Court

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

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
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.
Roll and Release A regenerative and experiential class using Yoga Tune Up balls to massage tired, sore, or achy muscles. Release muscle and fascial tension to improve your mobility and movement patterns. Walk out feeling better aligned and more relaxed.
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.

Barre

Ballet-Style Training This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.
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.

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.

Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.
Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.
Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

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.

Outdoor Fitness

Pickleball Workshop Exclusively at Sports Club Los Angeles. Come learn the game, build confidence, and be rallying by the end, all while having a great time. Expect focused instruction, competitive drills, and game play that will elevate your skills and sharpen your edge on the court. Proper court shoes are required.

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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. 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.
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.
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.
Mind Body Fit Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!
PGX: Playground Experience Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and more. An Equinox exclusive.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.
TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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: 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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
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.
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.
Tai Chi A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

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.