

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * 7:00-7:50 CS * 8:00-8:50 MS * 9:00-9:50 MS * 9:00-10:00 YS * 10:00-10:45 MS * 10:15-11:00 YS * 10:45-11:00 MS *  11:15-12:15 YS * 1:15-2:15 YS *  4:30-5:15 YS * 5:30-6:30 YS * 5:45-6:30 MS * 6:45-7:00 MS * 6:45-7:45 YS * 7:00-7:50 MS * 7:00-8:00 PD * 8:00-9:00 YS *	6:15-7:00 MS * 7:00-7:50 TR * 7:15-8:15 YS * 8:00-8:45 PG * 8:45-9:30 YS * 9:15-10:05 TR * 9:30-10:15 MS * 9:30-10:20 PD * 10:30-11:15 MS * 10:30-11:30 YS *  12:00-12:45 YS *  5:30-6:15 MS * 5:30-6:20 TR * 5:30-6:15 YS * 6:30-7:20 MS * 6:45-7:45 YS * 7:50-8:20 YS *	6:15-7:00 MS * 7:00-7:50 CS * 8:00-8:45 MS * 9:00-9:50 MS * 9:00-10:00 YS * 10:00-10:45 MS * 10:15-11:05 TR * 10:15-11:00 YS *  11:15-12:05 YS * 1:15-2:15 YS *  5:45-6:30 MS * 5:45-7:00 YS * 6:45-7:00 MS * 7:00-7:50 MS * 7:00-8:00 PD * 7:15-7:45 YS * 7:45-8:30 YS *	6:15-7:00 MS * 7:00-7:50 TR * 7:15-8:15 YS * 8:30-9:15 PG * 8:45-9:30 YS * 9:30-10:15 MS * 9:30-10:15 PD * 10:30-11:15 MS * 10:30-11:30 YS *  12:00-12:30 CS * 12:45-1:30 TR *  4:30-5:20 YS * 5:15-6:05 MS * 5:30-6:20 TR * 5:30-6:15 YS * 6:30-7:20 MS * 6:30-7:45 YS * 8:00-9:00 YS *	6:15-7:00 MS * 7:00-7:50 CS * 8:00-8:50 YS * 9:00-9:50 MS * 9:00-10:00 YS * 9:15-10:05 TR * 10:00-10:50 MS * 10:15-11:00 YS *  11:15-12:00 YS * 12:15-1:00 YS *  5:45-6:45 YS * 6:30-7:15 MS * 6:50-7:35 YS *	8:00-9:00 CS * 8:00-8:45 MS * 8:15-9:30 YS * 8:45-9:35 TR * 9:00-9:45 MS * 9:45-10:45 YS * 10:00-10:45 MS * 10:00-10:50 PD * 11:00-11:45 MS * 11:00-12:15 YS *  12:30-1:15 YS * 1:20-1:50 YS *  4:15-5:30 YS *	8:15-9:00 MS * 9:15-10:05 MS * 9:15-10:05 TR * 9:15-10:05 YS * 9:30-10:20 CS * 10:15-11:00 MS * 10:15-11:05 PD * 10:30-11:45 YS *  4:15-5:30 YS *
Limited Series: Stronger Women Tara Emerson Beats Ride Jorge Luna Body Sculpt Jorge Luna Studio Dance: Hip Hop Odell Vinyasa Yoga Jorge Luna Cardio Sculpt Rufus Dorsey True Barre: Bala Bangle Luis Cervantes Best Abs Ever Rufus Dorsey  Barefoot Sculpt Karen Voight Iyengar Yoga Selene Ramirez  Pilates Rise Cynthia San Luis Sculpted Yoga™ Sarah Carr Cardio Dance Johnny Latin Best Abs Ever Raneir Pollard Ballet-Style Training Pam Heffler MetCon Monday Raneir Pollard Swim: Skills + Drills Ian Culbertson Gentle Yoga Pia Kamonsit	Stacked Alexis Harrell Precision Walk: Elevate Jorge Luna Vinyasa Yoga Jad Kassouf TRX Max (Outdoor) Jorge Luna Pilates Mat Susannah Hake Precision Walk: Elevate Jorge Luna Mind Body Fit Maeve McCaffrey Hydro Sculpt Jeff McMullen Best Stretch Ever Jad Kassouf Vinyasa Yoga Maeve McCaffrey  Pilates Fusion Pat Soley  Cardio Dance Nicole Steen Precision Walk: Elevate Kupah James True Barre Joyce Ivonne BootKAMP Kupah James Slow Flow Yoga Lizbeth Vazquez Sound Meditation Lizbeth Vazquez	Athletic Conditioning Jason Brown Precision Ride Jorge Luna Body Sculpt Jorge Luna Studio Dance: Hip Hop Odell Vinyasa Yoga Jorge Luna Stronger Titus-R'icard Baldwin Precision Walk: Elevate Yifat Binder True Barre: Off the Barre Joyce Ivonne  Barefoot Sculpt Karen Voight Iyengar Yoga Nina Siemaszko  Cardio Dance Johnny Latin Slow Flow Yoga Lotem Porat Best Abs Ever Raneir Pollard Cardio Sculpt Raneir Pollard Swim: Skills + Drills Ian Culbertson Barefoot Sculpt Nupeir Garret Ballet-Style Training Nupeir Garret	Whipped! Derek Ringold Precision Walk: Elevate Alexis Harrell Sculpted Yoga™ Laila Arzouni TRX Max (Outdoor) Maeve McCaffrey Pilates Fusion Susannah Hake Mind Body Fit Maeve McCaffrey Hydro Sculpt Jeff McMullen Best Stretch Ever Jeff McMullen Vinyasa Yoga Maeve McCaffrey  Beats Ride 30 Yifat Binder Precision Walk: Elevate Yifat Binder  Pilates Fusion Pam Heffler Rounds: Boxing Ronit Koren Precision Walk: Elevate Kupah James True Barre Tierney Dale BootKAMP Kupah James Iyengar Yoga Vlad Nekrasov Gentle Yoga Nina Siemaszko	Limited Series: Stronger Women Tara Emerson Anthem Ride Stephanie Walsh Pilates Rise Amy Bishop Cardio Dance Ali Farahanny Vinyasa Yoga Amy Bishop Precision Walk: Elevate Saori Soga Cardio Sculpt Rufus Dorsey Pilates Mat Pat Soley  Yoga Tune Up® Saori Soga Athletic Stretch Tara Emerson  Vinyasa Yoga Jad Kassouf Cardio Dance Johnny Latin Sonic Meditation Jad Kassouf	Beats Ride 60 Jorge Luna Rounds: Boxing Ronit Koren Iyengar Yoga Nina Siemaszko Precision Run® Carrie Curtis BootKAMP Kupah James Barefoot Sculpt Karen Voight Mind Body Fit Maeve McCaffrey Hydro Sculpt Katie Harker Studio Dance: Hip Hop Odell Vinyasa Yoga Maeve McCaffrey  Yoga Tune Up® Saori Soga Sound Meditation Saori Soga  Weekend Wind Down Yoga Pia Kamonsit	Cardio Dance Dane Sorensen Stronger Titus-R'icard Baldwin Precision Walk: Elevate Carrie Curtis Pilates Rise Amy Bishop Beats Ride Kristin Riddick Best Stretch Ever Amy Bishop Hydro Sculpt Katie Harker Hatha Yoga Rachel Kennedy  Restorative Yoga Laila Arzouni

# EQUINOX

## SPORTS CLUB LOS ANGELES

1835 S. Sepulveda Blvd

LOS ANGELES CA 90025

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:30 PM

**FRI** 05:00 AM 10:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

jorge.luna@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

**PG** The Playground

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.

**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.

**Beats Ride 30** Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to 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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



## 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.

**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.

**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.

**Yoga Tune Up®** Release muscle and fascial tension to address your mobility and movement patterns with unique equipment in this signature open class created by Jill Miller.



## 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!

**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.

**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.

**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.



## 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.

**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: 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.



## 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: 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.



## 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.

**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 additive music and inspiring coaching.



## 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.

**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.