EQUINOX

ENCINO

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

7:30-8:15 MS *	Stronger *Jason Brown*
8:30-9:15 MS *	Stacked *Brandon Mayweather*
8:45-9:45 YS *	Slow Flow Yoga *Margaret Buckley*
9:00-9:50 CS *	Beats Ride *Paris Perrault*
10:30-11:15 MS *	Body Sculpt *Paris Perrault*
11:00-11:50 YS *	Pilates Rise *Larisa Lotz*
12:00-12:45 MS *	Stronger Women *Elle Young*
4:30-5:20 YS *	Pilates Fusion (Heated) *Maya Gorodetsky*
5:15-6:00 MS *	Stronger *Chris Schram*
5:45-6:45 YS *	Power Vinyasa (Heated) *Zen Glenn Crocker*
6:00-6:50 CS *	Beats Ride *Sharon Perez*
7:00-7:45 YS *	Meditation *Zen Glenn Crocker*

TUESDAY

7:30-8:20 CS *	Beats Ride *Stephanie Walsh*
8:30-9:15 MS *	Circuit Training *Scott Haddock*
9:00-9:50 YS *	Pilates Mat *Poirsha Woolfork*
9:30-10:15 MS *	Studio Dance: GROOV3 *Ben Ayers*
10:00-10:45 TR *	Precision Walk: Elevate *Stephanie Walsh*
10:30-11:15 MS *	Stacked *Blake Sunshine*
11:00-12:00 YS *	Vinyasa Yoga *Shielu Bharwani*
12:15-12:45 MS *	Upper Body Pump *Trudy Stevens*
12:45-1:15 MS *	Best Abs Ever *Trudy Stevens*
5:00-5:45 MS *	Leg Day *Elle Young*
6:00-7:00 YS *	Restorative Yoga *Masha Sapron*
7:30-8:30 MS *	Studio Dance: Jazz Groove *Nico O'Connor*
7:30-8:15 YS *	Pilates Fusion *Poirsha Woolfork*

WEDNESDAY

7:30-8:15 YS *	Pilates Mat *Carrie Samper*
8:30-9:15 MS *	Best Butt Ever *Sheila Lee*
8:45-9:30 YS *	Barefoot Sculpt: The Ring *Kristyn Evelyn*
9:00-9:45 CS *	**Anthem Ride** ***Lynsey Harris***
9:30-10:15 MS *	Body Sculpt *Blake Sunshine*
10:30-11:30 YS *	Vinyasa Yoga *Micki Duran*
12:00-12:45 MS *	Best Butt Ever *Natalie Yco*
1:00-2:00 YS *	Gentle Yoga *Shannon Branham*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Natalie Schervish*
5:15-6:00 MS *	**Stacked** ***Brandon Mayweather***
5:30-6:15 YS *	Pilates Mat *Chris Stanley*
6:00-6:45 TR *	Precision Walk: Elevate *Stephanie Walsh*
6:45-7:45 YS *	Yin Yoga + Sound Meditation *Zen Glenn Crocker*

THURSDAY

7:30-8:15 CS *	Beats Ride *Trudy Stevens*
8:30-9:15 MS *	Athletic Conditioning *Scott Haddock*
9:00-9:50 YS *	Pilates Mat *Karen Pascual*
9:30-10:15 MS *	**Studio Dance: Hip Hop** ***Christina Moffitino***
10:30-11:00 MS *	Upper Body Pump *Paris Perrault*
11:00-11:30 MS *	Best Abs Ever *Paris Perrault*
11:30-12:15 YS *	**Barefoot Sculpt: The Ring** ***Kristyn Evelyn***
12:15-1:00 MS *	Ropes and Rowers *Paris Perrault*
5:00-5:30 MS *	Best Abs Ever *Natalie Yco*
5:30-6:00 MS *	Upper Body Pump *Natalie Yco*
6:00-6:45 MS *	Best Butt Ever *Natalie Yco*
6:15-7:00 YS *	Pilates Fusion *Tanja Johnston*

FRIDAY

8:30-9:15 MS *	Body Sculpt *Paris Perrault*
8:45-9:45 YS *	Slow Flow Yoga (Heated) *Margaret Buckley*
9:00-9:50 CS *	Beats Ride *Stephanie Walsh*
9:30-10:15 MS *	Stronger *Brandon Mayweather*
12:00-12:30 MS *	Best Butt Ever *Natalie Yco*
12:30-1:00 MS *	Upper Body Pump *Natalie Yco*
5:30-6:15 MS *	Athletic Conditioning *Chris Schram*

SATURDAY

8:30-9:15 MS *	**Core6** ***Brandon Mayweather***
8:45-9:45 YS *	Yin Yoga (Heated) *Shannon Branham*
9:00-9:50 CS *	**Beats Ride** ***Sheila Lee***
9:30-10:15 MS *	Stronger Women *Blake Sunshine*
9:30-10:15 TR *	Precision Walk: Elevate *Brandon Mayweather*
10:00-10:45 YS *	Barefoot Sculpt: The Ring *Natalie Schervish*
10:30-11:00 MS *	Upper Body Pump *Linda Fluis*
11:00-11:30 MS *	Best Abs Ever *Linda Fluis*
11:00-12:00 YS *	Power Vinyasa *Shielu Bharwani*
12:00-12:45 MS *	Rounds: Boxing *Rufus Dorsey*
12:15-1:00 YS *	Pilates Mat *Chris Stanley*

SUNDAY

9:00-10:00 YS *	Vinyasa Yoga (Heated) *Sadie Black*
10:15-11:05 CS *	Beats Ride *Lynsey Harris*
10:30-11:30 YS *	Weekend Wind Down Yoga *Masha Sapron*
11:00-11:45 MS *	Stronger *Jason Brown*
12:30-1:20 YS *	Pilates Rise *Larisa Lotz*
4:00-5:00 YS *	Sound Meditation *Tierney Dale*

EQUINOX

ENCINO

16830 Ventura Boulevard

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EQUINOX.COM

@EQUINOX

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

parisperrault.mulkey@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

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.



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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.



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: 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

Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.
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 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.
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.
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.



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.



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.
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.
Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You’ll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



Dance

Studio Dance: GROOV3 Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!
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.
Studio Dance: Jazz Groove Join Nico O’Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and ‘90s hip-hop tracks. Build confidence, connect mind and body, and get energized.



Sculpt

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.