

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 MS * Stronger Brandon Mayweather	8:30-9:15 MS * Cardio Sculpt Dana Perri	8:30-9:15 MS * Best Butt Ever Sheila Lee	8:30-9:15 MS * Athletic Conditioning Scott Haddock	8:30-9:15 MS * Stacked Jason Brown	8:30-9:15 MS * Cardio Sculpt Dana Perri	9:00-10:00 YS * Vinyasa Yoga (Heated) Sadie Black
8:45-9:45 YS * Slow Flow Yoga (Heated) Margaret Buckley	9:00-9:50 YS * Pilates Mat Poirsha Woolfork	8:45-9:45 YS * Slow Flow Yoga (Heated) Zen Glenn Crocker	9:00-9:50 YS * Pilates Mat Karen Pascual	8:45-9:45 YS * Slow Flow Yoga (Heated) Margaret Buckley	8:45-9:45 YS * Yin Yoga (Heated) Shannon Branham	9:30-10:15 MS * Whipped! Jason Brown
9:00-9:45 CS * Beats Ride Sharon Perez	9:30-10:15 MS * Studio Dance: GROOV3 Ben Ayers	9:00-9:45 CS * Precision Ride Trudy Stevens	9:30-10:15 MS * Studio Dance: Contemporary Odell	9:00-9:45 CS * Beats Ride Sheila Lee	9:00-9:50 CS * Beats Ride Mikel Weiss	10:15-11:00 CS * Beats Ride Dan Rappa
9:30-10:15 MS * Stacked Larisa Lotz	10:30-11:15 MS * Stacked Blake Sunshine	9:30-10:15 MS * Body Sculpt Blake Sunshine	10:30-11:00 MS * Upper Body Pump Blake Sunshine	9:30-10:15 MS * Stronger Brandon Mayweather	9:30-10:15 MS * Limited Series: Stronger Women Blake Sunshine	10:30-11:30 YS * Weekend Wind Down Yoga Masha Sapon
10:00-10:45 YS * Barefoot Sculpt Braxton Brooks	12:15-12:45 MS * Upper Body Pump Trudy Stevens	12:00-12:45 MS * Best Butt Ever Natalie Yco	11:00-11:30 MS * Best Abs Ever Blake Sunshine	12:00-12:30 MS * Best Butt Ever Natalie Yco	10:00-10:45 YS * True Barre: Off the Barre (Heated) Natalie Schervish	11:00-11:45 MS * Stronger Jason Brown
12:00-12:45 MS * Limited Series: Stronger Women Elle Young	12:45-1:15 MS * Best Abs Ever Trudy Stevens	12:15-1:00 YS * True Barre: Off the Barre Maya Gorodetsky	12:30-1:15 YS * Barefoot Sculpt Ash Moss	12:15-1:15 YS * Vinyasa Yoga (Heated) Shielu Bharwani	10:30-11:15 MS * Best Butt Ever Linda Fluis	12:30-1:20 YS * Pilates Rise Larisa Lotz
12:15-1:15 YS * Vinyasa Yoga Micki Duran	5:30-6:15 MS * TRX Max Circuit Sheila Lee	4:30-5:15 YS * Barefoot Sculpt (Heated) Ash Moss	4:30-5:15 YS * True Barre: Off the Barre Cici Pringle	12:30-1:00 MS * Upper Body Pump Natalie Yco	11:00-12:00 YS * Power Vinyasa Shielu Bharwani	4:00-5:00 YS * Sound Meditation Jasmine Castillo
4:30-5:20 YS * Pilates Fusion (Heated) Maya Gorodetsky	6:00-7:00 YS * Restorative Yoga Masha Sapon	4:45-5:35 TR * Precision Run® Rocco Stowe	5:30-6:00 MS * Upper Body Pump Natalie Yco	5:00-5:45 CS * Beats Ride Skyler Burke	12:00-12:45 MS * Rounds: Boxing Rufus Dorsey	
4:45-5:35 TR * Precision Run® Stephanie Walsh	6:30-7:15 MS * Rounds: Bags and Mitts Aaron Bryant	5:30-6:15 CS * Beats Ride Stephanie Walsh	6:00-6:30 MS * Best Abs Ever Natalie Yco	5:30-6:15 MS * MetCon3 Chris Schram	12:15-1:00 YS * Pilates Mat Chris Stanley	
5:30-6:15 MS * Stronger Chris Schram	7:30-8:15 MS * Studio Dance: Jazz Groove Nico O'Connor	5:30-6:15 YS * Pilates Mat Chris Stanley	6:15-7:15 YS * Sculpted Yoga™ (Heated) Tanja Johnston	6:15-7:00 YS * Sound Meditation Skyler Burke		
5:45-6:45 YS * Power Vinyasa (Heated) Jaclyn Winters	7:30-8:15 YS * Pilates Fusion Poirsha Woolfork	5:45-6:30 MS * Stacked Rocco Stowe	6:30-7:15 MS * Best Butt Ever Natalie Yco			
6:30-7:15 MS * Whipped! Chris Schram		6:45-7:45 YS * Yin Yoga + Sound Meditation Zen Glenn Crocker	7:30-8:15 YS * Pilates Fusion Tanja Johnston			

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

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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.

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.



Yoga

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.

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.



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.

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.

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.

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

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

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

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: 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.



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.

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

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 addictive 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.

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.

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.

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.