

# EQUINOX

DOWNTOWN LA

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time

\* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:05 Precision Run® TR * Leah Davis	6:15-7:00 Beats Ride CS * Monique Bell	6:15-7:05 Precision Run® TR * Leah Davis	6:15-7:00 Precision Ride CS * Stephanie Czajkowski	6:15-7:05 Precision Run® TR * Leah Davis	8:45-9:30 True Barre: Cardio YS * Katie Garcia
7:15-8:00 Barefoot Sculpt YS * Stephanie Czajkowski	7:15-8:00 True Barre: Off the Barre YS * Katie Garcia	6:30-7:15 Stacked MS * Branden Roth	7:15-8:05 Pilates Rise YS * Nora Harris	7:15-8:00 Pilates Fusion YS * Ayanna Contreras	9:30-10:20 Precision Run® TR * Leah Davis
7:30-8:15 MetCon Monday MS * Simone Berry	7:30-8:15 Stronger MS * Monique Bell	7:15-8:00 Beats Ride CS * Rashan Hunter	7:30-8:15 MetCon3 MS * Stephanie Czajkowski	12:00-12:45 Beats Ride CS * Gavriella Rubin	10:30-11:15 Circuit Training MS * Leah Davis
11:00-11:50 Vinyasa Yoga YS * Mandee Miller	9:00-9:50 Sculpted Yoga™ YS * Mandee Miller	7:30-8:15 Core6 MS * Branden Roth	9:00-9:50 Power Vinyasa YS * Gavriella Rubin	12:00-12:50 Vinyasa Yoga YS * Mandee Miller	11:30-12:15 Beats Ride CS * Nicholas Duran
12:00-12:45 Anthem Ride CS * Rashan Hunter	12:00-12:45 Pilates Mat YS * Ayanna Contreras	11:00-11:45 Rounds: Boxing U. B. Sanchez	12:15-1:00 True Barre: Off the Barre YS * Devan Medrano	1:00-1:45 Best Butt Ever MS * Rashan Hunter	12:00-12:50 360 Strength MS * U. B. Sanchez
1:00-1:45 MetCon Monday MS * Eric Orner	1:00-1:45 Best Butt Ever MS * Eric Orner	1:00-1:45 Stronger MS * Orlando Deral	1:00-1:45 Core6 MS * Rashan Hunter	4:30-5:15 Pilates Mat YS * Ayanna Contreras	12:30-1:30 Weekend Wind Down Yoga YS * Newton Campbell
5:00-5:45 Beats Ride CS * Eric Orner	5:00-6:00 Power Vinyasa YS * Anna Lynch	5:00-5:45 Beats Ride CS * Eric Orner	5:00-5:45 True Barre: Off the Barre YS * Ayanna Contreras	5:15-6:00 Athletic Conditioning MS * Kasi Holifield	
5:30-6:30 Vinyasa Yoga YS * Jose Alvarado	5:45-6:30 MetCon3 MS * Monique Bell	5:30-6:30 Yin Yoga YS * Chrissy Gonzalez	5:45-6:30 Stronger MS * Eric Orner	6:00-6:45 Sound Meditation YS * Stephanie Morrell	
6:00-6:45 Stronger MS * Kasi Holifield	6:00-6:45 Beats Ride CS * Emily Cruz	6:00-6:45 Stacked MS * Eric Orner	6:30-7:30 Sculpted Yoga™ YS * Stephanie Morrell		
6:30-7:20 Precision Walk: Elevate TR * Ayanna Contreras	6:30-7:30 Vinyasa Yoga YS * Chrissy Gonzalez	6:45-7:45 Power Vinyasa YS * Gavriella Rubin	6:45-7:30 Core6 MS * Eric Orner		
6:45-7:30 True Barre: Off the Barre YS * Katie Garcia	6:45-7:30 True Barre: Bala Bangle MS * Anna Lynch	7:00-7:45 Circuit Training MS * Leah Davis			
7:00-7:45 Athletic Conditioning MS * Kasi Holifield					

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

# EQUINOX

DOWNTOWN LA  
444 Flower Street  
LOS ANGELES CA 90071  
EQUINOX.COM  
@EQUINOX

MON-THU 05:00 AM 09:00 PM  
FRI 05:00 AM 08:00 PM  
SAT 08:00 AM 04:00 PM  
GROUP FITNESS MANAGER  
eric.orner@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.  
**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

**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.

**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.

**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.

## ❖ 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 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.

**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.

## ❖ 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: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

## ❖ 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

**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.

## ❖ Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, VIPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**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.