

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

EQUINOX

DOWNTOWN LA

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EQUINOX.COM

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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.ornier@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.