EQUINOX **DOWNTOWN LA**

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

6:15-7:05 TR *	Precision Run® *Leah Davis*
7:15-8:00 YS *	Barefoot Sculpt: The Ring *Stephanie Czajkowski*
11:00-11:50 YS *	Vinyasa Yoga *Jenny Geyser*
12:00-12:45 CS *	Anthem Ride *Rashan Hunter*
1:00-1:45 MS *	MetCon Monday *Eric Orner*
5:00-5:45 CS *	Beats Ride *Eric Orner*
5:30-6:30 YS *	Vinyasa Yoga *Jose Alvarado*
6:00-6:45 MS *	Leg Day *Kasi Holifield*
6:45-7:30 YS *	Pilates Fusion *Devan Medrano*
7:00-7:45 MS *	Athletic Conditioning *Kasi Holifield*

TUESDAY

6:15-7:00 MS *	MetCon3 *Juanito Alvarez*
7:15-8:00 YS *	Pilates Fusion *Jenny Geyser*
7:30-8:15 MS *	Stronger *Rashan Hunter*
9:00-9:50 YS *	Vinyasa Yoga *Jenny Geyser*
12:00-12:45 YS *	Pilates Mat *Ayanna Contreras*
1:00-1:45 MS *	Core6 *Eric Orner*
5:00-6:00 YS *	Power Vinyasa *Anna Lynch*
5:45-6:30 MS *	MetCon3 *Steven Haahr*
6:30-7:30 YS *	Vinyasa Yoga *Chrissy Gonzalez*
6:45-7:30 MS *	True Barre: Bala Bangle *Anna Lynch*

WEDNESDAY

6:15-7:05 TR *	Precision Run® *Leah Davis*
7:15-8:00 CS *	Beats Ride *Rashan Hunter*
8:15-9:00 MS *	Leg Day *Rashan Hunter*
11:00-11:45 YS *	Pilates Fusion *Ayanna Contreras*
12:15-1:00 YS *	True Barre: Off the Barre *Devan Medrano*
1:00-1:45 MS *	Athletic Conditioning *Leah Davis*
5:00-5:45 CS *	Beats Ride *Eric Orner*
5:30-6:30 YS *	Slow Flow Yoga *Alessandra Bonetti*
6:00-6:45 MS *	**Athletic Conditioning** ***Eric Orner***
6:45-7:45 YS *	Power Vinyasa *Gavriella Rubin*
7:00-7:45 MS *	Leg Day *Leah Davis*

THURSDAY

6:15-7:00 YS *	Pilates Fusion *Stephanie Czajkowski*
7:15-8:00 YS *	**Headstrong Reset Meditation** ***Rashan Hunter***
7:30-8:15 MS *	MetCon3 *Stephanie Czajkowski*
9:00-9:45 YS *	Power Vinyasa *Gavriella Rubin*
12:00-12:50 YS *	Vinyasa Yoga *Jessie Wren*
1:00-1:45 MS *	Core6 *Rashan Hunter*
5:00-5:45 YS *	True Barre: Off the Barre *Ayanna Contreras*
5:45-6:30 MS *	Stronger *Eric Orner*
6:30-7:30 YS *	Yin Yoga *Stephanie Morrell*
6:45-7:30 MS *	MetCon3 *Katey Besser*

FRIDAY

6:15-7:05 TR *	Precision Run® *Leah Davis*
7:30-8:15 YS *	Barefoot Sculpt: The Ring *Ayanna Contreras*
11:00-11:45 YS *	Gentle Yoga *Kala MacDonald*
12:00-12:45 CS *	Beats Ride *Eric Orner*
12:15-1:00 YS *	Vinyasa Yoga *Devan Medrano*
1:00-1:45 MS *	Best Butt Ever *Eric Orner*
4:30-5:15 YS *	Pilates Mat *Ayanna Contreras*
5:15-6:00 MS *	Athletic Conditioning *Kasi Holifield*
6:00-6:45 YS *	Sound Meditation *Stephanie Morrell*

SATURDAY

9:15-10:00 YS *	**Vinyasa Yoga** ***Stephanie Morrell***
9:30-10:20 TR *	Precision Run® *Leah Davis*
10:30-11:15 MS *	Circuit Training *Leah Davis*
11:00-11:50 YS *	Pilates Rise *Nora Harris*
11:30-12:15 CS *	Beats Ride *Nicholas Duran*
12:00-12:50 MS *	360 Strength *U. B. Sanchez*
12:30-1:30 YS *	Weekend Wind Down Yoga *Newton Campbell*

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.

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.
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.

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.

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.

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

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.
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.

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: 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.

Regeneration

Headstrong Reset Meditation An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. 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.

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.
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.