EQUINOX

WESTLAKE VILLAGE

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	Precision Run + Strength	
TR *	*Todd German*	
8:30-9:15	Stacked	
MS *	*Robyn Logan*	
9:15-10:05	True Barre: Bala Bangle	
YS *	*Amy Malloy*	
9:30-10:20	Beats Ride	
CS *	*Robyn Logan*	
10:15-10:45	Upper Body Pump	
MS *	*Amber McMahon*	
10:45-11:15	Best Abs Ever	
MS *	*Amber McMahon*	
12:00-12:45	Pilates Mat	
YS *	*Maya Holbrook*	
1:00-1:30	Headstrong Reset Meditation	
YS *	*Liz Blanding*	
4:30-5:15	**Pilates Fusion**	
YS *	***Tatyana Stark***	
5:30-6:20	Beats Ride	
CS *	*Team Equinox*	
5:30-6:30	Vinyasa Yoga (Heated)	
YS *	*Cici Pringle*	
6:00-6:45	Stronger	
MS *	*Becca Buckalew*	
6:45-7:30	Sound Meditation	
YS *	*Cici Pringle*	

TUESDAY

6:00-6:50	Stacked	
MS *	*Molly Bailey*	
8:15-9:05	Pilates Fusion	
YS *	*Amber McMahon*	
8:30-9:20	Beats Ride	
CS *	*Mikel Weiss*	
9:30-10:15	Best Butt Ever	
MS *	*Victoria Ralston*	
9:45-10:15	Precision Run 30	
TR *	*Molly Bailey*	
10:30-11:30	Vinyasa Yoga	
YS *	*Krista Kubik*	
12:00-12:50	Pilates at the Barre	
YS *	*Amy Malloy*	
1:00-1:30	Headstrong Reset Meditation	
YS *	*Dhana Stevens*	
5:15-6:00	Stacked	
MS *	*Sophie Grise*	
5:30-6:15	True Barre	
YS *	*Maya Holbrook*	
6:15-7:05	Precision Run®	
TR *	*Sophie Grise*	
6:30-7:30	Vinyasa Yoga	
YS *	*Ali Kamen*	

WEDNESDAY

6:00-6:50	Beats Ride	
CS *	*Graham Labass*	
8:30-9:15	Stronger	
MS *	*Robyn Logan*	
9:15-10:05	True Barre: Cardio	
YS *	*Chelsea Hill*	
9:30-10:20	Beats Ride	
CS *	*Robyn Logan*	
10:15-11:05	Best Butt Ever	
MS *	*Amber McMahon*	
12:00-1:00	Vinyasa Yoga	
YS *	*Liz Blanding*	
1:00-1:30	Headstrong Reset Meditation	
YS *	*Liz Blanding*	
4:30-5:15	Barefoot Sculpt: The Ring	
YS *	*Amy Malloy*	
5:30-6:20	Beats Ride	
CS *	*Stephanie Barton*	
5:30-6:30	Vinyasa Yoga	
YS *	*Doug Milliron*	
6:00-6:30	Upper Body Pump	
MS *	*Mikel Weiss*	
6:30-7:00	Best Abs Ever	
MS *	*Mikel Weiss*	
6:45-7:30	Sound Meditation	
YS *	*Camille Holden*	

THURSDAY

6:00-6:45	Core6	
MS *	*Molly Bailey*	
8:15-9:05	Pilates Fusion	
YS *	*Poirsha Woolfork*	
8:30-9:20	Beats Ride	
CS *	*Skyler Burke*	
9:30-10:15	**Body Sculpt**	
MS *	***Becca Buckalew***	
9:45-10:15	Precision Run 30	
TR *	*Molly Bailey*	
10:30-11:30	Vinyasa Yoga	
YS *	*Krista Kubik*	
12:00-12:45	Pilates Rise	
YS *	*Shannon Branham*	
1:00-1:30	Headstrong Reset Meditation	
YS *	*Dhana Stevens*	
5:15-6:00	MetCon3	
MS *	*Todd German*	
5:30-6:15	True Barre: Bala Bangle	
YS *	*Andrea Flores-Torphy*	
6:15-6:45	Precision Run 30	
TR *	*Todd German*	
6:30-7:30	Restorative Yoga	
YS *	*Dhana Stevens*	

FRIDAY

6:00-6:50	Beats Ride	
CS *	*Jason Schneider*	
7:00-8:00	Vinyasa Yoga	
YS *	*Ali Kamen*	
8:30-9:15	Athletic Conditioning	
MS *	*Robyn Logan*	
9:15-9:45	Athletic Stretch	
MS *	*Robyn Logan*	
9:15-10:05	Pilates Mat	
YS *	*Tatyana Stark*	
9:30-10:20	Beats Ride	
CS *	*Molly Bailey*	
10:15-11:00	Body Sculpt	
MS *	*Amber McMahon*	
12:30-1:20	Barefoot Sculpt	
YS *	*Marisa F. Meyer*	
4:30-5:15	Leg Day	
MS *	*Becca Buckalew*	
4:30-5:30	Yin Yoga	
YS *	*Krista Kubik*	

SATURDAY

7:30-8:15	TRX Max	
MS *	*Trent David*	
8:00-8:50	Precision Run®	
TR *	*Todd German*	
8:30-9:20	Beats Ride	
CS *	*Jeffrey Scott*	
8:30-9:15	Barefoot Sculpt: The Ring	
MS *	*Amy Malloy*	
9:15-10:15	Vinyasa Yoga	
YS *	*Dhana Stevens*	
9:30-10:15	Stacked	
MS *	*Jeffrey Scott*	
10:30-11:00	Core6 Express	
MS *	*Sophie Grise*	
10:30-11:15	**True Barre: Bala Bangle**	
YS *	***Amy Malloy***	
11:00-11:30	Best Stretch Ever	
MS *	*Sophie Grise*	
11:30-12:30	Power Vinyasa (Heated)	
YS *	*Doug Milliron*	

SUNDAY

8:30-9:15	Leg Day	
MS *	*Molly Bailey*	
9:20-9:50	Upper Body Pump	
MS *	*Molly Bailey*	
9:30-10:20	Beats Ride	
CS *	*Mikel Weiss*	
9:30-10:30	Weekend Wind Down Yoga	
YS *	*Liz Blanding*	
11:00-11:45	Rounds: Boxing	
MS *	*Aaron Bryant*	
11:00-11:50	Pilates Fusion	
YS *	*Alexis Rojas*	
4:00-5:15	Yin Yoga + Sound Meditation	
YS *	*Lisa Wildermuth*	

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

EQUINOX

WESTLAKE VILLAGE

112 S. Lakeview Canyon Road

THOUSAND OAKS CA 91362

EQUINOX.COM

@EQUINOX

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

amy.malloy@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

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.

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.
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.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.
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.

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.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
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.

Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.
Precision Run 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.
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.

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.
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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. Build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.
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

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.
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.