

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 Precision Run + Strength TR * <i>Todd German</i> 8:15-8:45 Headstrong Reset YS * <i>Liz Blanding</i> 8:30-9:15 Stacked MS * <i>Robyn Logan</i> 9:15-10:05 True Barre: Bala Bangle YS * <i>Amy Malloy</i> 9:30-10:20 Beats Ride CS * <i>Robyn Logan</i> 10:15-10:45 Upper Body Pump MS * <i>Amber McMahon</i> 10:45-11:15 Best Abs Ever MS * <i>Amber McMahon</i> 12:30-1:15 Pilates Rise YS * <i>Phoebe Raye</i> 4:30-5:15 Pilates at the Barre YS * <i>Phoebe Raye</i> 5:15-6:05 Beats Ride CS * <i>Mikel Weiss</i> 5:30-6:15 MetCon Monday MS * <i>Becca Buckalew</i> 5:30-6:30 Vinyasa Yoga (Heated) YS * <i>Cici Pringle</i> 6:30-7:15 Stronger MS * <i>Mikel Weiss</i> 6:45-7:30 Sound Meditation YS * <i>Cici Pringle</i>	6:00-6:50 Stacked MS * <i>Molly Bailey</i> 8:15-9:05 Pilates Fusion YS * <i>Amber McMahon</i> 8:30-9:15 Core6 MS * <i>Victoria Ralston</i> 8:45-9:35 Beats Ride CS * <i>Skyler Burke</i> 9:30-10:15 Best Butt Ever MS * <i>Victoria Ralston</i> 10:30-11:30 Vinyasa Yoga YS * <i>Krista Kubik</i> 12:00-12:50 Pilates at the Barre YS * <i>Amy Malloy</i> 5:15-6:00 Stacked MS * <i>Sophie Grise</i> 5:30-6:15 True Barre YS * <i>Maya Holbrook</i> 6:15-7:05 Studio Dance: Hip Hop MS * <i>Danielo Mendes</i> 6:15-7:05 Precision Run® TR * <i>Sophie Grise</i> 6:30-7:30 Vinyasa Yoga YS * <i>Ali Kamen</i>	6:00-6:50 Beats Ride CS * <i>Graham Labass</i> 6:00-6:45 TRX Max MS * <i>Trent David</i> 8:15-8:45 Headstrong Reset YS * <i>Liz Blanding</i> 8:30-9:15 Stronger MS * <i>Robyn Logan</i> 9:15-10:05 True Barre: Cardio YS * <i>Chelsea Hill</i> 9:30-10:20 Beats Ride CS * <i>Robyn Logan</i> 10:15-11:05 Best Butt Ever MS * <i>Amber McMahon</i> 12:30-1:15 True Barre YS * <i>Cici Pringle</i> 4:30-5:15 Barefoot Sculpt YS * <i>Amy Malloy</i> 5:30-6:20 Beats Ride CS * <i>Stephanie Barton</i> 5:30-6:15 Body Sculpt MS * <i>Rufus Dorsey</i> 5:30-6:30 Vinyasa Yoga YS * <i>Doug Milliron</i> 6:30-7:15 Rounds: Boxing MS * <i>Rufus Dorsey</i> 6:45-7:15 Pilates Fusion YS * <i>Andrea Flores-Torphy</i>	6:00-6:45 Core6 MS * <i>Molly Bailey</i> 8:15-9:05 Pilates Fusion YS * <i>Poirsha Woolfork</i> 8:30-9:15 Stacked MS * <i>Kerri Scherzay</i> 9:30-10:15 Rhythmic Sculpt MS * <i>Amy Malloy</i> 10:30-11:30 Vinyasa Yoga YS * <i>Krista Kubik</i> 12:00-12:50 Pilates Rise YS * <i>Shannon Branham</i> 5:15-6:00 Core6 MS * <i>Todd German</i> 5:30-6:15 True Barre: Bala Bangle YS * <i>Amy Malloy</i> 6:15-7:05 Precision Run® TR * <i>Todd German</i> 6:30-7:30 Restorative Yoga YS * <i>Dhana Stevens</i>	6:00-6:50 Beats Ride CS * <i>Jason Schneider</i> 8:30-9:15 Athletic Conditioning MS * <i>Robyn Logan</i> 9:15-10:05 Pilates Mat YS * <i>Tatyana Stark</i> 9:30-10:20 Beats Ride CS * <i>Molly Bailey</i> 10:15-11:00 Body Sculpt MS * <i>Amber McMahon</i> 12:30-1:20 Barefoot Sculpt YS * <i>Marisa Meyer</i> 4:30-5:15 Lower Body Blast MS * <i>Becca Buckalew</i> 4:30-5:30 Yin Yoga YS * <i>Krista Kubik</i>	7:30-8:15 TRX Max MS * <i>Trent David</i> 8:00-8:50 Precision Run® TR * <i>Todd German</i> 8:30-9:20 Beats Ride CS * <i>Jeffrey Scott</i> 8:30-9:15 Rhythmic Sculpt MS * <i>Amy Malloy</i> 9:15-10:15 Slow Flow Yoga YS * <i>Dhana Stevens</i> 9:30-10:15 MetCon3 MS * <i>Jeffrey Scott</i> 10:30-11:15 Core6 MS * <i>Sophie Grise</i> 10:30-11:15 Pilates Fusion YS * <i>Amy Malloy</i> 11:30-12:30 Power Vinyasa (Heated) YS * <i>Doug Milliron</i>	8:30-9:15 Stronger MS * <i>Molly Bailey</i> 8:30-9:15 Barefoot Sculpt YS * <i>Alexis Rojas</i> 9:30-10:20 Beats Ride CS * <i>Mikel Weiss</i> 9:30-10:00 Precision Run 30 TR * <i>Molly Bailey</i> 9:30-10:30 Weekend Wind Down YS * <i>Liz Blanding</i> 9:45-10:30 Rounds: Bags and Mitts MS * <i>Aaron Bryant</i> 11:00-11:50 Pilates Fusion YS * <i>Phoebe Raye</i> 4:00-5:15 Yin Yoga + Sound YS * <i>Meditation Lisa Wildermuth</i>

EQUINOX

WESTLAKE VILLAGE

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THOUSAND OAKS CA 91362

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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

GENERAL MANAGER

Cesar Perez

cesar.perezcastillo@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.

THEME RIDE: A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.



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.



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.

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.

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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.



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.



Dance

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.



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

Headstrong Reset 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.



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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.



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.

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.