EQUINOX **HOLLYWOOD**

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

6:30-7:20 MS *	Stacked *Arielle Miller*
7:30-8:30 YS *	Power Vinyasa *Joseph Seeman*
8:00-8:45 MS *	Core6 *Kate Willson*
8:45-9:35 CS *	Beats Ride *Joseph Seeman*
9:00-9:45 MS *	Leg Day *Kate Willson*
9:15-10:00 YS *	Barefoot Sculpt: The Ring *Taylor Marie*
11:00-11:50 YS *	Pilates Mat *Pia Kamonsit*
12:00-12:50 MS *	Athletic Conditioning *Juan Hidalgo*
12:30-1:15 YS *	True Barre (Heated) *Tara Zinnamon*
4:00-5:00 YS *	Vinyasa Yoga (Heated) *Gina Brown*
5:00-5:45 MS *	MetCon Monday *Orlando Deral*
5:30-6:20 YS *	Pilates at the Barre *Kate Willson*
6:15-7:05 TR *	Precision Run + Strength *Jill Karrenbrock*
7:00-8:00 YS *	Power Vinyasa *Lesley Greer*
7:15-8:00 MS *	Studio Dance: GROOV3 *Ben Ayers*

TUESDAY

6:30-7:20 MS *	Stronger *Emily Matt*
7:00-7:45 CS *	Beats Ride *Simone Berry*
7:15-8:00 YS *	Pilates Fusion (Heated) *Devan Medrano*
7:30-8:20 TR *	Precision Walk: Elevate + Strength *Jill Karrenbrock*
8:00-8:50 MS *	Stacked *Simone Berry*
8:30-9:20 YS *	Barefoot Sculpt: The Ring *Cynthia San Luis*
9:30-10:15 MS *	Rounds: Pro *Elle Young*
11:00-12:00 YS *	Vinyasa Yoga *Tara Zinnamon*
12:15-1:05 YS *	Pilates Fusion *Be Solomon*
12:30-1:20 MS *	Body Sculpt *Frances Flores*
1:30-2:30 YS *	Slow Flow Yoga *Eka Ekong*
4:00-4:45 YS *	True Barre: Bala Bangle *Lesley Greer*
5:00-6:00 YS *	Vinyasa Yoga *Joseph Seeman*
5:15-6:05 MS *	Stronger *Larisa Lotz*
6:15-7:05 CS *	Beats Ride *Joseph Seeman*
6:15-7:00 MS *	MetCon3 *Latreal Mitchell*
6:30-7:15 YS *	Barefoot Sculpt: The Ring *Larisa Lotz*
7:30-8:30 YS *	Yin Yoga (Heated) *Stephanie Morrell*

WEDNESDAY

6:30-7:20 MS *	360 Strength *Elle Young*
7:30-8:30 MS *	Switch Up: Run + Strength *Kate Willson Lyo Reneau*
7:30-8:20 YS *	Pilates at the Barre *Shielu Bharwani*
8:00-8:50 PD *	Swim: Basics *Brian Novak*
8:45-9:35 CS *	Beats Ride *Joseph Seeman*
9:00-9:50 MS *	Stronger *Andre Aultmon*
11:00-11:50 YS *	Pilates Fusion *Jonathan Jedrzejewski*
12:00-12:50 MS *	Athletic Conditioning *Nikita Chaudhry*
12:15-1:15 YS *	Vinyasa Yoga *Alex Dawson*
4:00-4:50 YS *	Pilates Rise *Patty Wortham*
5:00-5:30 MS *	Best Butt Ever *Nik Andrews*
5:30-6:00 MS *	Upper Body Pump *Nik Andrews*
5:30-6:30 YS *	Power Vinyasa *Scarlett McCann*
6:00-6:50 CS *	Beats Ride *Tiffany Daniels*
6:15-7:05 TR *	Precision Run® *Nik Andrews*
7:15-8:00 YS *	True Barre (Heated) *Andre Aultmon*
8:15-9:00 YS *	Sound Meditation *Buddy Macuha*

THURSDAY

6:30-7:20 MS *	Stacked *Arielle Miller*
7:00-7:45 CS *	Beats Ride *Simone Berry*
7:15-8:15 YS *	Vinyasa Yoga (Heated) *Scarlett McCann*
7:30-8:20 TR *	Precision Walk: Elevate *Ayanna Contreras*
8:00-8:50 MS *	Stronger *Simone Berry*
8:30-9:20 YS *	Pilates Mat *Ayanna Contreras*
9:30-10:20 MS *	Best Butt Ever *Elle Young*
11:00-12:00 YS *	Power Vinyasa *Alex Dawson*
12:15-1:05 YS *	True Barre: Bala Bangle *Andre Aultmon*
12:30-1:20 MS *	**MetCon3** ***Nik Andrews***
1:30-2:30 YS *	Restorative Yoga (Heated) *Gina Brown*
4:00-4:45 YS *	Ballet-Style Training *David Prottas*
4:15-5:00 MS *	Rounds: Boxing *Steven Dell*
5:00-6:00 YS *	Vinyasa Yoga *Chrissy Gonzalez*
5:15-6:00 MS *	Stronger Women *Kate Willson*
6:15-7:05 CS *	Beats Ride *Cosmo Bertollini*
6:30-7:15 YS *	Pilates Fusion (Heated) *Patty Wortham*
7:30-8:30 YS *	Yin Yoga + Sound Meditation (Heated) *Latreal Mitchell Kate Willson*

FRIDAY

7:00-7:45 CS *	Anthem Ride *Jill Karrenbrock*
7:30-8:30 YS *	Sculpted Yoga™ *Annie Kelly*
8:00-8:50 MS *	**360 Strength** ***Kate Willson***
8:00-8:50 TR *	Precision Run® *Jill Karrenbrock*
9:30-10:15 MS *	Stronger *Cosmo Bertollini*
10:30-11:15 CS *	Beats Ride *Cosmo Bertollini*
10:45-11:45 YS *	Vinyasa Yoga *Chrissy Gonzalez*
12:00-12:50 MS *	Best Butt Ever *Lyo Reneau*
12:30-1:20 YS *	Pilates Mat *Lesley Greer*
4:00-5:00 YS *	Yin Yoga *Chrissy Gonzalez*
5:00-5:45 MS *	Body Sculpt *Trevor Kent*
5:15-6:30 YS *	Vinyasa Yoga *Scarlett McCann*
6:00-6:45 MS *	Studio Dance: GROOV3 *Ben Ayers*

SATURDAY

8:00-8:50 PD *	Swim: Basics *Katie Harker*
9:00-9:50 TR *	Precision Run® *Lyo Reneau*
9:15-10:00 CS *	Beats Ride *Tarek Cotran*
9:15-10:15 YS *	Power Vinyasa *Gina Brown*
10:00-10:45 MS *	Athletic Conditioning *Paul Katami*
10:30-11:20 CS *	Beats Ride *Lyo Reneau*
10:45-11:35 YS *	Pilates at the Barre *Kate Willson*
11:00-11:50 MS *	Stronger *Larisa Lotz*
12:30-1:20 MS *	The Cut *Fiona Hwang*
1:00-2:00 YS *	Vinyasa Yoga *Shannon Branham*
2:30-3:15 YS *	Pilates Rise *Shannon Branham*
4:00-4:45 YS *	Sonic Meditation *Stephanie Morrell*

SUNDAY

8:30-9:15 MS *	Stacked *Cosmo Bertollini*
8:45-9:45 YS *	Slow Flow Yoga (Heated) *Team Equinox*
9:30-10:20 CS *	Beats Ride *Cosmo Bertollini*
10:00-10:45 YS *	Pilates Fusion *Devan Medrano*
10:30-11:15 MS *	Studio Dance: GROOV3 *Ben Ayers*
11:00-11:45 YS *	Ballet-Style Training *Sadie Black*
11:30-12:00 MS *	Upper Body Pump *Andre Aultmon*
12:00-12:30 MS *	Best Abs Ever *Andre Aultmon*
12:00-1:15 YS *	Power Vinyasa (Heated) *Gavriella Rubin*
4:00-5:00 YS *	Weekend Wind Down Yoga (Heated) *Shielu Bharwani*

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

EQUINOX

HOLLYWOOD

1550 N. Vine Street

HOLLYWOOD CA 90028

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:30 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

kate.willson@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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.

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.
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.
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.

Barre

Ballet-Style Training This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.
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.

Dance

Studio Dance: GROOV3 Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

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.
Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.
The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It’s just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Regeneration

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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 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.
Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women’s performance program. Optimized for women, but open to all. 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.

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® 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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.
Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

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.
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.

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.

Swim

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

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.
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.