

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * Stacked <i>Arielle Miller</i>	6:30-7:20 MS * Stronger <i>Emily Matt</i>	6:30-7:20 MS * 360 Strength <i>Elle Young</i>	6:30-7:20 MS * Stacked <i>Arielle Miller</i>	7:00-7:50 CS * Anthem Ride <i>Jill Karrenbrock</i>	8:00-8:50 PD * Swim: Basics <i>Katie Harker</i>	8:30-9:15 MS * Stacked <i>Cosmo Bertollini</i>
7:30-8:30 YS * Power Vinyasa <i>Joseph Seeman</i>	7:00-7:45 CS * Beats Ride <i>Simone Berry</i>	7:30-8:20 YS * Pilates at the Barre <i>Shielu Bharwani</i>	7:00-7:45 CS * Beats Ride <i>Simone Berry</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Annie Kelly</i>	8:30-9:20 CS * Beats Ride <i>Christina Davis</i>	8:45-9:45 YS * Slow Flow Yoga (Heated) <i>Natalie Burtney</i>
8:45-9:35 CS * Beats Ride <i>Joseph Seeman</i>	7:15-8:00 YS * Pilates Fusion (Heated) <i>Devan Medrano</i>	7:45-8:35 CS * Beats Ride <i>Joseph Seeman</i>	7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Scarlett McCann</i>	8:00-8:45 MS * Athletic Conditioning <i>Paul Katami</i>	8:45-9:35 MS * 360 Strength <i>Kate Willson</i>	9:30-10:20 CS * Beats Ride <i>Cosmo Bertollini</i>
9:00-9:50 MS * MetCon Monday <i>Kate Willson</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Jill Karrenbrock</i>	8:00-8:50 PD * Swim: Basics <i>Katie Harker</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Ayanna Contreras</i>	8:00-8:50 TR * Precision Run® <i>Jill Karrenbrock</i>	9:00-9:50 TR * Precision Run® <i>Lyo Reneau</i>	10:00-10:45 YS * Pilates Mat <i>Cynthia San Luis</i>
11:00-11:50 YS * Pilates Mat <i>Pia Kamonsit</i>	8:00-8:50 MS * Stacked <i>Simone Berry</i>	8:45-9:45 MS * Switch Up: Run + Strength <i>Kate Willson Andre Aultmon</i>	8:00-8:50 MS * Stronger <i>Simone Berry</i>	9:30-10:15 MS * Stronger <i>Cosmo Bertollini</i>	9:15-10:15 YS * Power Vinyasa <i>Gina Brown</i>	10:30-11:15 MS * Studio Dance: GROOV3 <i>Ben Ayers</i>
12:00-12:50 MS * Athletic Conditioning <i>Juan Hidalgo</i>	8:30-9:30 YS * Vinyasa Yoga <i>Eka Ekong</i>	11:00-11:50 YS * Pilates Fusion <i>Jonathan Jedrzejewski</i>	8:30-9:20 YS * Pilates Mat <i>Ayanna Contreras</i>	10:30-11:15 CS * Beats Ride <i>Cosmo Bertollini</i>	10:00-10:45 MS * Athletic Conditioning <i>Paul Katami</i>	11:00-11:45 YS * Ballet-Style Training <i>Sadie Black</i>
4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Gina Brown</i>	9:30-10:20 MS * Rounds: Pro <i>Elle Young</i>	12:00-12:50 MS * Athletic Conditioning <i>Mandee Miller</i>	9:30-10:20 MS * Best Butt Ever <i>Elle Young</i>	10:45-11:45 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	10:30-11:20 CS * Beats Ride <i>Lyo Reneau</i>	
5:00-5:45 MS * MetCon Monday <i>Orlando Deral</i>	11:00-12:00 YS * Vinyasa Yoga <i>Erin Grossman</i>	12:15-1:15 YS * Vinyasa Yoga <i>Alex Dawson</i>	11:00-12:00 YS * Power Vinyasa <i>Alex Dawson</i>	12:00-12:50 MS * Best Butt Ever <i>Jules Gomez</i>	10:45-11:35 YS * True Barre <i>Nikita Chaudhry</i>	11:30-12:00 MS * Upper Body Pump <i>Andre Aultmon</i>
5:30-6:20 YS * Pilates at the Barre <i>Kate Willson</i>	12:15-1:05 YS * Pilates Fusion <i>Be Solomon</i>	12:15-1:15 YS * Vinyasa Yoga <i>Alex Dawson</i>	12:15-1:05 YS * True Barre: Bala Bangle <i>Andre Aultmon</i>	4:00-5:00 YS * Yin Yoga <i>Chrissy Gonzalez</i>	11:00-11:50 MS * Stronger <i>Larisa Lotz</i>	12:00-12:30 MS * Best Abs Ever <i>Andre Aultmon</i>
6:00-6:50 MS * Stronger <i>Latreal Mitchell</i>	12:30-1:15 MS * Body Sculpt <i>Frances Flores</i>	4:00-4:50 YS * Pilates Rise <i>Patty Wortham</i>	12:30-1:20 MS * MetCon3 <i>Kate Willson</i>	5:00-5:45 MS * Body Sculpt <i>Trevor Kent</i>	12:15-1:00 MS * Rhythmic Sculpt <i>Nikita Chaudhry</i>	12:00-1:15 YS * Power Vinyasa (Heated) <i>Gavriella Rubin</i>
6:15-7:05 MS * Precision Run + Strength <i>Jill Karrenbrock</i>	1:30-2:30 YS * Yoga Shape Up <i>Frances Flores</i>	5:00-5:30 MS * Upper Body Pump <i>Nik Andrews</i>	1:30-2:30 YS * Restorative Yoga (Heated) <i>Gina Brown</i>	5:15-6:30 YS * Vinyasa Yoga <i>Scarlett McCann</i>	1:00-2:00 YS * Vinyasa Yoga <i>Shannon Branham</i>	
TR * 7:00-8:00 YS * Power Vinyasa <i>Lesley Greer</i>	4:00-4:45 YS * True Barre: Bala Bangle <i>Lesley Greer</i>	5:30-6:00 MS * Best Butt Ever <i>Nik Andrews</i>	4:00-4:45 YS * Ballet-Style Training <i>Amanda Beasley</i>	6:00-6:45 MS * Studio Dance: GROOV3 <i>Ben Ayers</i>	2:30-3:15 YS * Pilates Rise <i>Shannon Branham</i>	4:00-5:00 YS * Weekend Wind Down Yoga (Heated) <i>Shielu Bharwani</i>
7:15-8:00 MS * Studio Dance: GROOV3 <i>Ben Ayers</i>	5:00-6:00 YS * Vinyasa Yoga <i>Joseph Seeman</i>	5:30-6:30 YS * Power Vinyasa <i>Scarlett McCann</i>	4:15-5:00 MS * Rounds: Boxing <i>Steven Dell</i>		4:00-4:45 YS * Sonic Meditation <i>Stephanie Morrell</i>	
	5:15-6:05 MS * Stronger <i>Larisa Lotz</i>	6:00-6:50 CS * Beats Ride <i>Tiffany Daniels</i>	5:00-6:00 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>			
	6:00-6:50 PD * Swim: Pro (L3) <i>Sofia Shah</i>	6:15-7:05 TR * Precision Run® <i>Nik Andrews</i>	5:15-6:00 MS * Stronger <i>Kate Willson</i>			
	6:15-7:05 CS * Beats Ride <i>Joseph Seeman</i>	7:15-8:00 YS * True Barre <i>Andre Aultmon</i>	6:00-6:50 PD * Swim: Skills + Drills <i>Aidan Dayani</i>			
	6:15-7:00 MS * Core6 <i>Branden Roth</i>	8:15-9:00 YS * Sound Meditation <i>Buddy Macuha</i>	6:15-7:05 CS * Beats Ride <i>Wil Ashley</i>			
	6:30-7:15 YS * Pilates Fusion <i>Larisa Lotz</i>		6:30-7:15 YS * Pilates Fusion (Heated) <i>Patty Wortham</i>			
	7:30-8:30 YS * Yin Yoga (Heated) <i>Stephanie Morrell</i>		7:30-8:20 YS * Yoga Tune Up® (Heated) <i>Patty Wortham</i>			

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
david.pisanich@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.

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.

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.

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.

Yoga Shape Up Where movement meets strength and stillness. Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretches. Shape Up your body and mind with grounding vinyasa flows, fiery resistance band and bodyweight sculpting, and a stress releasing wind-down. You'll leave class feeling centered, stronger, and energized.

Yoga Tune Up® Release muscle and fascial tension to address your mobility and movement patterns with unique equipment in this signature open class created by Jill Miller.

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.

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

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.

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: 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.

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.

Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

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.

Sculpt

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

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.

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.