EQUINOX

BERKELEY

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

6:30-7:15 MS *	**TRX Max Circuit** ***Megan King***
7:30-8:30 YS *	**Vinyasa Yoga (Heated)** ***Megan King***
8:15-9:00 MS *	MetCon Monday *Emma Simões*
9:15-10:05 YS *	Pilates at the Barre *Stephanie Chan*
9:30-10:20 MS *	Stronger Women *Debbie Gleeson*
10:30-11:15 YS *	True Barre *Tammy Chang*
11:30-12:15 YS *	Pilates Fusion *Tammy Chang*
12:30-1:15 MS *	Leg Day *Lo*
12:30-1:30 YS *	Vinyasa Yoga *Schuyler Ingle*
4:00-5:00 YS *	Hatha Yoga *Chris Tilley*
4:15-5:00 MS *	TRX Max Circuit *Nia Basel*
5:30-6:15 CS *	Beats Ride *Nia Basel*
5:30-6:15 MS *	Ropes and Rowers *Chris Turner*
5:30-6:15 YS *	Pilates Mat *Debbie Gleeson*
6:30-7:20 MS *	Rhythmic Sculpt *Precious Moreno*
6:45-7:45 YS *	Restorative Yoga *Anna Davies*

TUESDAY

6:30-7:15 MS *	Leg Day *Randy Myers*
7:15-8:00 CS *	Beats Ride *Sammy Rosario*
7:30-8:15 YS *	**Barefoot Sculpt: The Ring** ***Carolyn Roney***
8:30-9:00 MS *	Best Abs Ever *Randy Myers*
8:45-9:30 YS *	**Pilates Fusion** ***Nikki Hughes***
9:00-9:30 MS *	Upper Body Pump *Randy Myers*
10:00-11:00 YS *	Vinyasa Yoga *Carolyn Roney*
12:15-1:00 MS *	Body Sculpt *Precious Moreno*
12:30-1:15 YS *	Pilates Mat *Debbie Gleeson*
3:45-4:30 YS *	True Barre *Stephanie Chan*
4:15-5:00 MS *	Athletic Stretch *Debbie Gleeson*
5:00-5:50 YS *	Pilates Rise (L2) *Mandy Limbach*
5:15-6:00 TR *	Precision Run® *Kevin Wong*
5:30-6:00 MS *	Quick HIIT *Emma Simões*
6:00-6:15 MS *	Best Abs Ever *Emma Simões*
6:15-7:30 YS *	Vinyasa Yoga (L2) *Schuyler Ingle*
6:30-7:15 CS *	Beats Ride *Sasha Wootton*
6:45-7:15 MS *	Core6 Express *Mandy Limbach*
7:15-7:30 MS *	Best Butt Ever *Mandy Limbach*

WEDNESDAY

6:30-7:15 CS *	Beats Ride *Nia Basel*
7:30-8:15 YS *	**Barefoot Sculpt: The Ring** ***Mandy Limbach***
8:15-9:05 MS *	Whipped! *Randy Myers*
9:15-10:00 YS *	Pilates Fusion *Stephanie Chan*
9:30-10:20 MS *	Stronger Women *Debbie Gleeson*
10:30-11:00 MS *	Athletic Stretch *Debbie Gleeson*
12:30-1:15 MS *	True Barre: Cardio *Nia Basel*
12:30-1:30 YS *	Vinyasa Yoga *Schuyler Ingle*
4:00-4:45 YS *	Pilates Fusion *Mandy Limbach*
4:15-5:00 MS *	**TRX Max Circuit** ***Chris Turner***
5:30-6:15 CS *	Beats Ride *Sammy Rosario*
5:30-6:20 MS *	**Stronger** ***Kevin Wong***
5:30-6:30 YS *	Power Vinyasa *AnneSophie Mills*
6:30-7:20 MS *	Cardio Dance: Skybeat *Skyler Rodgers*
6:45-7:30 YS *	Yin Yoga + Sound Meditation *AnneSophie Mills*
7:30-8:00 MS *	Athletic Stretch *Skyler Rodgers*

THURSDAY

6:30-7:15 MS *	**Stacked** ***Megan King***
7:15-8:05 CS *	Precision Ride *Randy Myers*
7:30-8:15 YS *	Pilates Mat (Heated) *Megan King*
8:30-9:20 MS *	Stronger *Randy Myers*
8:45-9:45 YS *	Vinyasa Yoga *Carolyn Roney*
10:00-10:45 YS *	Barefoot Sculpt *Carolyn Roney*
12:15-1:00 MS *	Pilates Fusion *Mandy Limbach*
12:30-1:30 YS *	Gentle Yoga *Anna Davies*
3:45-4:30 YS *	Barefoot Sculpt: The Ring *Mandy Limbach*
4:15-5:05 MS *	Kettlebell Power *Chris Turner*
5:00-5:50 YS *	Pilates at the Barre *Stephanie Chan*
5:15-6:00 TR *	Precision Run + Strength *Eli Portales*
5:30-6:15 MS *	Leg Day *Lo*
6:15-7:30 YS *	Vinyasa Yoga *Jennifer Miller*
6:30-7:15 CS *	Beats Ride *Lo*
6:45-7:35 MS *	Rhythmic Sculpt *Kevin Wong*

FRIDAY

6:30-7:15 CS *	Beats Ride *Luci McNulty*
7:15-8:15 YS *	Vinyasa Yoga *Holden Bussey*
8:30-9:15 MS *	Rounds: Boxing *Chris Turner*
8:30-9:15 YS *	Pilates Fusion *Lo*
9:30-10:15 CS *	Anthem Ride *Lo*
10:15-11:00 MS *	Best Butt Ever *Chris Turner*
10:30-11:15 YS *	Barefoot Sculpt: The Ring *Tammy Chang*
12:15-1:15 YS *	Vinyasa Yoga *Darren Main*
12:30-1:00 MS *	**Core6 Express** ***Chris Turner***
1:05-1:20 MS *	**Upper Body Pump** ***Chris Turner***
2:00-2:45 MS *	Body Sculpt *Nia Basel*
2:45-3:45 YS *	Sculpted Yoga™ *AnneSophie Mills*
4:00-4:45 MS *	Best Stretch Ever *AnneSophie Mills*
4:00-4:45 YS *	**Pilates Mat** ***Nikki Hughes***
4:30-5:00 CS *	Beats Ride 30 *Skyler Rodgers*
5:15-6:00 MS *	**MetCon3** ***Lynne Tran***
5:30-6:30 YS *	Power Vinyasa (Heated) *Rose of Sharon Stoneall*

SATURDAY

8:00-8:30 TR *	Precision Run 30 *Chris Turner*
8:30-9:15 YS *	Pilates Fusion *Mandy Limbach*
8:40-9:30 MS *	Stronger *Chris Turner*
9:30-10:15 CS *	Beats Ride *Sammy Rosario*
9:45-10:45 YS *	Sculpted Yoga™ *Rose of Sharon Stoneall*
10:00-10:45 MS *	Leg Day *Kevin Wong*
11:00-11:45 MS *	Cardio Dance: Skybeat *Skyler Rodgers*
11:15-12:30 YS *	**Vinyasa Yoga** ***Holden Bussey***
1:00-1:45 YS *	**True Barre: Bala Bangle** ***Megan King***
2:15-3:30 YS *	**Slow Flow Yoga** ***Bryan Brash***

SUNDAY

8:30-9:15 MS *	Athletic Conditioning *Lynne Tran*
8:30-9:20 YS *	Pilates at the Barre *Mandy Limbach*
8:45-9:30 TR *	Precision Run + Strength *Eli Portales*
9:30-10:15 CS *	Anthem Ride *Debbie Gleeson*
9:45-10:30 MS *	Core6 *Mandy Limbach*
10:00-11:00 YS *	Gentle Yoga *Anna Davies*
10:45-11:30 MS *	Best Stretch Ever *Debbie Gleeson*
11:30-12:20 YS *	Sculpted Yoga™ (Heated) *Jennifer Miller*
11:45-12:30 MS *	MetCon3 *Lo*
12:45-1:30 YS *	Pilates Fusion (Heated) *Lo*
2:00-3:15 YS *	Yin Yoga + Sound Meditation *Rose of Sharon Stoneall*

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

EQUINOX

BERKELEY

2600 Shattuck Avenue

BERKELEY CA 94704

EQUINOX.COM

@EQUINOX

MON-FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

deborah.gleeson@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.
Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

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.
Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
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.
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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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.

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.
Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.
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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. An Equinox exclusive.
Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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 Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.
Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

Dance

Cardio Dance: Skybeat Created by Skylar Rodgers, this easy-to-follow dance-based class includes basic plyometrics, aerobic sequencing, and various dance styles. Improve Cardiovascular fitness and have fun.

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.

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.
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.