EQUINOX **PINE STREET**

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 CS *	Beats Ride *Grace Lee*
7:15-8:00 MS *	Athletic Conditioning *Lauren Settembrino*
7:20-8:05 YS *	Pilates Fusion *Grace Lee*
12:15-1:00 YS *	Barefoot Sculpt: The Ring *Jordanna Dworkin*
3:45-4:30 YS *	Sculpted Yoga™ *Carolyn Roney*
4:15-5:00 MS *	Stronger *Lauren Settembrino*
4:45-5:30 YS *	Pilates Rise *Precious Moreno*
5:15-6:00 MS *	Body Sculpt *Carolyn Roney*
5:30-6:15 CS *	Anthem Ride *Jai Mac Neil*
5:45-6:45 YS *	Vinyasa Yoga *Ryan Gerard*
6:00-6:50 PA *	Swim: Basics *Kate Grossman*
6:15-7:00 MS *	MetCon Monday *Mark Protacio*
7:00-7:45 YS *	Sound Meditation *Erica Nguyen*

TUESDAY

7:00-7:50 PA *	Swim: Skills + Drills *Kate Wiles*
7:15-8:00 MS *	MetCon3 *Addie Norman*
7:15-8:00 YS *	True Barre: Off the Barre *Zaidee Long*
12:15-1:00 MS *	Stacked *Lauren Settembrino*
12:15-1:00 YS *	**Pilates Fusion (Heated)** ***Alessandro Lou***
3:00-3:45 YS *	Barefoot Sculpt (Heated) *Steph Vu*
4:00-5:00 YS *	Vinyasa Yoga (Heated) *Kiley Holliday*
4:15-5:00 MS *	**Cardio Dance** ***Zachary Parrish***
5:15-6:00 MS *	Leg Day *Stephen Selnick*
5:15-6:00 YS *	Pilates Rise (Heated) *Sarah Emmons*
5:45-6:30 CS *	Beats Ride *Danielle Joseph*
6:15-7:00 YS *	Athletic Stretch (Heated) *Mary Hayano*
6:30-7:15 MS *	Rounds: Boxing *Katie Callo*
7:15-8:00 YS *	Pilates Mat (Heated) *Mary Hayano*

WEDNESDAY

6:30-7:15 CS *	Beats Ride *Ashley Chin*
7:15-8:00 MS *	**Stronger** ***Stephen Selnick***
7:15-8:00 YS *	Vinyasa Yoga (Heated) *Alessandro Lou*
12:15-1:00 YS *	Pilates Mat *Jordanna Dworkin*
3:45-4:30 YS *	Pilates Fusion *Jai Mac Neil*
4:15-5:00 MS *	**MetCon3** ***James Johnson***
4:45-5:30 YS *	True Barre: Off the Barre *Richel Kumar*
5:15-6:00 MS *	Cardio Sculpt *Alice Ramshaw*
5:30-6:15 CS *	Beats Ride *Tara Brown*
5:45-6:45 YS *	Vinyasa Yoga (Heated) *Warren Lange*
6:00-6:50 PA *	Swim: Skills + Drills *Gabrielle Fong*
6:15-7:00 MS *	Stronger *Lauren Settembrino*
7:00-7:45 YS *	Yin Yoga + Sound Meditation *Steven Rogers*

THURSDAY

7:00-7:50 PA *	Swim: Pro *Kate Grossman*
7:15-8:00 MS *	**Leg Day** ***Noah Gonzalez***
7:15-8:00 YS *	Barefoot Sculpt: The Ring *Elaina Envia*
12:15-1:00 MS *	Athletic Conditioning *Evan Chasan*
12:15-1:00 YS *	Vinyasa Yoga (Heated) *Alessandro Lou*
3:00-3:45 YS *	Pilates Fusion (Heated) *Jordanna Dworkin*
4:00-5:00 YS *	Power Vinyasa (Heated) *Warren Lange*
4:15-5:00 MS *	Rounds: Boxing *Rick Garcia*
5:15-6:00 MS *	Core6 *Alejandro Gutierrez De Pineres*
5:15-6:00 YS *	Pilates Rise (Heated) *Kate Wiles*
5:45-6:35 CS *	Precision Ride *Stephen Selnick*
6:15-7:00 YS *	Slow Flow Yoga (Heated) *Kiley Holliday*
6:30-7:15 MS *	Best Butt Ever *Kristen Klehr*
7:15-8:00 YS *	Pilates Fusion (Heated) *Rachel Soon*

FRIDAY

7:15-8:00 MS *	**Core6** ***Kate Wiles***
7:15-8:15 YS *	Vinyasa Yoga (Heated) *Warren Lange*
12:15-1:00 YS *	Barefoot Sculpt: The Ring *Kate Wiles*
3:00-3:45 MS *	Stronger *Lauren Settembrino*
4:00-4:45 YS *	Pilates Mat *Elaina Envia*
4:30-5:15 CS *	Beats Ride *Stephen Selnick*
5:15-6:15 YS *	Vinyasa Yoga (Heated) *Alessandro Lou*

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

EQUINOX

PINE STREET

301 Pine Street

SAN FRANCISCO CA 94105

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

GROUP FITNESS MANAGER

hannah.bressi@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

PA Pool 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.
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.

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.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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.

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.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

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.
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: Off the Barre This off-the-barre sculpt class uses light weights and props 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.

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.
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 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.