EQUINOX **SAN MATEO**

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

6:15-7:00	Barefoot Sculpt (Heated)	
YS *	*Brent Kirk*	
8:30-9:15	**MetCon Monday**	
MS *	***Jean Ries***	
8:45-9:45	Pilates at the Barre	
YS *	*Priscilla Chung*	
9:30-10:15	Beats Ride	
CS *	*Alyssa Jacobson*	
9:45-10:30	Leg Day	
MS *	*Gabby Snyder*	
10:30-11:15	Pilates Mat	
YS *	*Anna Bye*	
12:00-1:00	Vinyasa Yoga	
YS *	*Anna Bye*	
4:00-4:45	Barefoot Sculpt: The Ring	
YS *	*Richelle*	
4:30-5:00	Precision Run 30	
TR *	*Gabby Snyder*	
5:00-6:00	Vinyasa Yoga	
YS *	*Edwina Ferro*	
5:15-6:00	Stronger	
MS *	*Gabby Snyder*	
5:30-6:15	Beats Ride	
CS *	*Alyssa Jacobson*	
6:15-7:00	True Barre	
YS *	*Nicole Maddox*	
6:30-7:15	Cardio Dance	
MS *	*Anelisse Peterson*	
7:15-8:00	Best Stretch Ever (Heated)	
YS *	*Juliana Maldonado*	

TUESDAY

6:15-7:00	**Athletic Conditioning**	
MS *	***Wayne Squires***	
6:30-7:15	Beats Ride	
CS *	*Rachele Pojednic*	
7:00-7:45	**Barefoot Sculpt: The Ring**	
YS *	***Blake Saksa***	
8:30-9:15	Stronger	
MS *	*Blake Saksa*	
9:45-10:35	Pilates Rise	
YS *	*Priscilla Chung*	
10:30-11:15	TRX Max	
MS *	*Kevin Defro*	
12:00-12:45	**True Barre: Bala Bangle**	
YS *	***Kelly McLellan***	
4:00-4:45	Barefoot Sculpt (Heated)	
YS *	*Roxanne Gao*	
5:00-5:50	Pilates at the Barre	
YS *	*Anelisse Peterson*	
5:15-6:00	Stacked	
MS *	*Luis Ortiz Munoz*	
6:00-7:00	Vinyasa Yoga	
YS *	*Tony Irwin*	
6:15-7:00	Beats Ride	
CS *	*Luis Ortiz Munoz*	
6:30-7:00	Upper Body Pump	
MS *	*Alyssa Jacobson*	
7:00-7:30	Best Butt Ever	
MS *	*Alyssa Jacobson*	
7:15-8:00	Sonic Meditation	
YS *	*Tony Irwin*	

WEDNESDAY

6:15-7:00	**Pilates Fusion**	
YS *	***Richelle***	
8:30-9:15	Cardio Sculpt	
MS *	*Brent Kirk*	
8:45-9:45	Vinyasa Yoga (Heated)	
YS *	*Juliana Maldonado*	
9:30-10:20	Precision Ride	
CS *	*Alex Gould*	
9:45-10:30	Stronger	
MS *	*Gabby Snyder*	
10:30-11:30	True Barre	
YS *	*Priscilla Chung*	
12:00-1:00	Vinyasa Yoga	
YS *	*Edwina Ferro*	
4:00-4:50	Pilates at the Barre	
YS *	*Kelly McLellan*	
4:30-5:00	Precision Run 30	
TR *	*Priscilla Chung*	
5:00-6:00	Power Vinyasa	
YS *	*Jackie Kong*	
5:15-6:00	MetCon3	
MS *	*Blake Saksa*	
5:30-6:15	**Beats Ride**	
CS *	***Mia Reisweber***	
6:15-7:00	Pilates Fusion (Heated)	
YS *	*Anna Bye*	
6:30-7:15	Cardio Dance	
MS *	*Tee Ward*	
7:15-8:00	Best Stretch Ever (Heated)	
YS *	*Anna Bye*	

THURSDAY

6:15-7:00	**Stronger**	
MS *	***Jean Ries***	
6:30-7:15	Beats Ride	
CS *	*Blake Saksa*	
7:00-7:45	**Precision Run®**	
TR *	***Gabby Snyder***	
8:30-9:15	Athletic Conditioning	
MS *	*Blake Saksa*	
9:45-10:45	Sculpted Yoga™	
YS *	*Gabby Snyder*	
10:30-11:20	Stronger Women	
MS *	*Priscilla Chung*	
12:00-12:45	Barefoot Sculpt: The Ring	
YS *	*Priscilla Chung*	
4:00-4:45	True Barre: Bala Bangle	
YS *	*Kelly McLellan*	
5:00-5:45	Best Stretch Ever (Heated)	
YS *	*Juliana Maldonado*	
5:15-6:00	**Body Sculpt**	
MS *	***Alyssa Jacobson***	
6:00-7:00	Power Vinyasa (Heated)	
YS *	*Juliana Maldonado*	
6:15-7:00	Beats Ride	
CS *	*Alyssa Jacobson*	
6:30-7:15	**Athletic Conditioning**	
MS *	***Wayne Squires***	
7:15-8:00	Yin Yoga	
YS *	*Jackie Kong*	

FRIDAY

6:15-7:00	Barefoot Sculpt: The Ring (Heated)	
YS *	*Jean Ries*	
8:00-8:45	TRX Max	
MS *	*Kevin Defro*	
8:45-9:45	Power Vinyasa (Heated)	
YS *	*Brent Kirk*	
9:30-10:15	**Beats Ride**	
CS *	***Alex Gould***	
9:45-10:30	Athletic Conditioning	
MS *	*Alyssa Jacobson*	
11:30-12:15	Stronger	
MS *	*Angeline DeLaurentis*	
12:00-12:50	Pilates Mat	
YS *	*Roxanne Gao*	
4:00-5:00	Vinyasa Yoga (Heated)	
YS *	*Barry Au-Yeung*	
4:30-5:15	Best Butt Ever	
MS *	*Blake Saksa*	
5:15-6:00	True Barre	
YS *	*Nicole Maddox*	
5:30-6:15	Cardio Dance	
MS *	*Brendan Simon*	

SATURDAY

8:15-9:15	True Barre	
YS *	*Priscilla Chung*	
8:30-9:15	Stacked	
MS *	*Blake Saksa*	
8:45-9:35	Precision Run®	
TR *	*Gabby Snyder*	
9:30-10:15	Anthem Ride	
CS *	*Rachele Pojednic*	
9:30-10:30	Vinyasa Yoga	
YS *	*Valerie Wong*	
9:45-10:30	Stronger	
MS *	*Blake Saksa*	
10:30-10:45	Best Abs Ever	
MS *	*Blake Saksa*	
10:45-11:30	Barefoot Sculpt: The Ring	
YS *	*Brent Kirk*	
11:45-12:45	Cardio Dance	
MS *	*Jade McMartin*	

SUNDAY

8:30-9:30	Sunrise Vinyasa Yoga	
YS *	*Valerie Wong*	
9:00-9:45	Stronger	
MS *	*Fady Asaad*	
9:45-10:30	Barefoot Sculpt (Heated)	
YS *	*Jean Ries*	
10:30-11:00	Upper Body Pump	
MS *	*Alyssa Jacobson*	
10:45-11:45	True Barre	
YS *	*Nicole Maddox*	
11:00-11:30	Best Butt Ever	
MS *	*Alyssa Jacobson*	
4:00-5:00	Weekend Wind Down Yoga	
YS *	*Carol Allison*	

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

EQUINOX

SAN MATEO

4 East 4th Avenue

SAN MATEO CA 94401

EQUINOX.COM

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MON-FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SAT 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

priscilla.chung@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.
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.
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.

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.

Regeneration

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.
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.

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.

Running

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.
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.
Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.
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.

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.
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.