EQUINOX **PALO ALTO**

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

6:00-6:45	YS *	**Barefoot Sculpt: The Ring (Heated)** ***Krishil Ranjit***
7:30-8:15	YS *	**Pilates Mat (Heated)** ***Monique Schareck***
9:15-10:00	MS *	Stacked *Krishil Ranjit*
9:30-10:30	CS *	Endurance Ride 60 *Alex Gould*
10:30-11:15	MS *	Body Sculpt *Marianne Jacobi*
10:45-11:30	YS *	Pilates Fusion *Stephanie Herman*
12:00-12:45	MS *	MetCon Monday *Krishil Ranjit*
4:00-5:00	YS *	Slow Flow Yoga *Zsofia Campion*
4:30-5:15	MS *	Best Butt Ever *Heath Hunter*
5:15-6:00	YS *	Barefoot Sculpt: The Ring *Connie Lu*
5:30-6:15	MS *	Cardio Dance: Danceation™ *Heath Hunter*
5:45-6:30	CS *	Anthem Ride *Alex Gould*
6:15-7:15	YS *	Vinyasa Yoga (Heated) *Carlos Martinez*
6:30-7:15	MS *	Athletic Conditioning *Kyra Ruiz*
7:30-8:15	YS *	Pilates Mat *Brenda Mannion*

TUESDAY

6:00-6:45	MS *	TRX Max *Kevin Defro*
7:15-8:05	TR *	Precision Run® *Kevin Defro*
7:30-8:15	YS *	Pilates Fusion *Kiersten Jakobsen*
8:30-9:30	YS *	Vinyasa Yoga *Mandy Ansari*
9:30-10:15	MS *	MetCon3 *Zsofia Campion*
9:45-10:45	YS *	Sculpted Yoga™ *Mandy Ansari*
11:00-11:45	MS *	Cardio Dance: Zumba® *Keiko*
12:15-1:00	MS *	Stronger *Marianne Jacobi*
4:30-5:00	MS *	**Core6 Express** ***Krishil Ranjit***
4:30-5:15	YS *	Pilates Fusion *Stephanie Herman*
5:15-6:00	MS *	Stronger *Blake Saksa*
5:30-6:30	YS *	Power Vinyasa *Barry Au-Yeung*
6:00-6:45	CS *	**Beats Ride** ***Dallas Wolfe***
6:00-6:15	MS *	Best Abs Ever *Blake Saksa*
6:30-7:15	MS *	Cardio Dance: Danceation™ *Soo Kim*
7:00-7:45	YS *	Pilates Mat *Brenda Mannion*
7:30-8:15	MS *	The Cut *Edgardo Villanueva*

WEDNESDAY

6:00-6:50	MS *	Whipped! *Angela Schroeder*
7:30-8:15	MS *	Stacked *Blake Saksa*
9:15-10:00	MS *	Body Sculpt *Blake Saksa*
9:30-10:15	CS *	Beats Ride *Krishil Ranjit*
10:30-11:00	MS *	**Quick HIIT** ***Krishil Ranjit***
10:45-11:30	YS *	Pilates Mat (Heated) *Monique Schareck*
11:00-11:15	MS *	**Upper Body Pump** ***Krishil Ranjit***
11:15-11:30	MS *	**Best Abs Ever** ***Krishil Ranjit***
11:45-12:45	YS *	Barefoot Sculpt *Wendy Chan*
4:00-5:00	YS *	Power Vinyasa *Barry Au-Yeung*
4:30-5:15	MS *	Stacked *Luis Ortiz Munoz*
5:15-6:00	YS *	Barefoot Sculpt: The Ring *Brent Kirk*
5:30-6:15	MS *	Best Butt Ever *Krishil Ranjit*
5:45-6:30	CS *	Beats Ride *Luis Ortiz Munoz*
6:30-7:15	MS *	Athletic Conditioning *Kyra Ruiz*
6:30-7:30	YS *	Vinyasa Yoga *Barry Au-Yeung*
7:15-7:30	MS *	Best Abs Ever *Kyra Ruiz*
7:45-8:45	YS *	Yin Yoga + Sound Meditation *Connie Lu*

THURSDAY

6:00-6:45	MS *	Stronger *Joey Rubino*
7:15-8:05	TR *	Precision Run + Strength *Joey Rubino*
7:30-8:15	YS *	Pilates Fusion *Kiersten Jakobsen*
8:30-9:30	YS *	Slow Flow Yoga *Nitika Bhatia*
9:30-10:15	MS *	MetCon3 *Luis Ortiz Munoz*
9:45-10:30	YS *	Pilates Fusion *Richelle*
10:45-11:30	MS *	Cardio Dance: Danceation™ *Soo Kim*
12:15-1:00	MS *	Stronger *Blake Saksa*
4:30-5:15	MS *	**Leg Day** ***Krishil Ranjit***
4:30-5:15	YS *	Barefoot Sculpt *Blake Saksa*
5:30-6:15	MS *	Athletic Conditioning *Blake Saksa*
5:30-6:30	YS *	**Vinyasa Yoga** ***Zina Aljanabi***
6:00-6:45	CS *	Beats Ride *Krishil Ranjit*
6:30-7:15	MS *	Cardio Dance *Mia Hathaway*
7:30-8:15	YS *	Pilates Rise *Heath Hunter*

FRIDAY

6:00-6:50	MS *	Circuit Training *Angela Schroeder*
7:30-8:00	MS *	Quick HIIT *Blake Saksa*
8:00-8:15	MS *	Upper Body Pump *Blake Saksa*
8:15-8:30	MS *	Best Abs Ever *Blake Saksa*
9:30-10:15	CS *	Beats Ride *Blake Saksa*
9:30-10:20	YS *	Pilates Rise *Mandy Ansari*
10:30-11:15	MS *	Stronger *Heath Hunter*
10:45-11:45	YS *	Sculpted Yoga™ *Mandy Ansari*
12:00-1:00	YS *	Vinyasa Yoga *Mandy Ansari*
4:30-5:15	YS *	Pilates Fusion *Jade Xiao*
5:00-5:45	MS *	Leg Day *Tess Robinson*
5:15-6:00	CS *	Beats Ride *Luis Ortiz Munoz*
6:15-7:30	YS *	Vinyasa Yoga *Barry Au-Yeung*

SATURDAY

8:00-8:45	MS *	Athletic Conditioning *Tess Robinson*
8:45-10:00	YS *	Vinyasa Yoga *Barry Au-Yeung*
9:00-9:45	MS *	The Cut *Alyssa Jacobson*
9:30-10:15	CS *	Beats Ride *Mia Reisweber*
10:00-10:45	MS *	Stronger *Alyssa Jacobson*
10:30-11:15	YS *	Pilates Fusion *Monique Schareck*
11:15-12:05	MS *	Whipped! *Alyssa Jacobson*
11:30-12:30	YS *	Vinyasa Yoga *Carlos Martinez*
12:30-1:15	MS *	Cardio Dance: Danceation™ *Heath Hunter*
3:15-4:15	YS *	Vinyasa Yoga *Nick Adam*
4:30-5:30	YS *	**Slow Flow Yoga** ***Shaija Ali***

SUNDAY

8:30-9:00	MS *	Quick HIIT *Kevin Defro*
8:45-9:45	YS *	Vinyasa Yoga (Heated) *Lindsay Damiano*
9:00-9:45	CS *	Beats Ride *Vivian Wang*
9:00-9:15	MS *	Upper Body Pump *Kevin Defro*
9:15-9:30	MS *	Best Abs Ever *Kevin Defro*
9:45-10:45	MS *	TRX Max *Laura Schuster*
10:00-10:50	TR *	**Precision Run + Strength** ***Kevin Defro***
10:00-10:45	YS *	Pilates Fusion (Heated) *Jade Xiao*
11:00-11:45	MS *	Stronger *Kevin Defro*
12:00-12:45	YS *	Barefoot Sculpt: The Ring *Wendy Chan*
12:15-1:00	MS *	Cardio Dance: Zumba® *Yuliya Shingareva*
3:15-4:15	YS *	Power Vinyasa (Heated) *Brent Kirk*
4:30-5:30	YS *	Weekend Wind Down Yoga (Heated) *Brent Kirk*

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

EQUINOX

PALO ALTO

440 Portage Avenue

PALO ALTO CA 94306

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

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

krishil.ranjit@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.
Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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.
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 + 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.

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

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.

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.

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.

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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
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.
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.
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 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.
Cardio Dance: Danceation™ Dance to Hip Hop, Modern, Jazz, Street dance and Salsa and experience the latest dance craze from Europe. Danceation® is REAL DANCE and it is a fantastic workout, created by musician and dancer Heath Hunter from the UK.
Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

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.
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.