

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 Pilates Mat (Heated) YS* <i>Richel Kumar</i>	6:00-6:45 Pilates Fusion (Heated) YS* <i>Colette Harmon</i>	6:00-6:45 Barefoot Sculpt (Heated) YS* <i>Steph Vu</i>	6:00-6:45 Pilates Fusion (Heated) YS* <i>Lauren Haden</i>	6:15-7:00 MetCon3 MS* <i>Hannah Byrne</i>	7:15-8:00 Pilates Fusion (Heated) YS* <i>Olivia Tataseo</i>	8:30-9:30 Vinyasa Yoga YS* <i>Mary Hayano</i>
6:15-7:00 MetCon Monday MS* <i>Greg Alan</i>	6:30-7:15 Cardio Sculpt MS* <i>Evangeline Alpojanis</i>	6:15-7:00 Stronger MS* <i>Nikki Elliott</i>	6:30-7:15 Stacked MS* <i>Garrett Kale</i>	7:00-7:45 Pilates Fusion (Heated) YS* <i>Elaina Envia</i>	8:00-8:45 MetCon3 MS* <i>Jomar Tagatac</i>	9:00-9:45 Stronger MS* <i>Greg Alan</i>
7:00-7:45 Beats Ride CS* <i>Sarah Good</i>	6:30-7:15 Precision Run® TR* <i>Garrett Kale</i>	7:00-7:45 Beats Ride CS* <i>Hannah Byrne</i>	7:15-8:00 Vinyasa Yoga YS* <i>Alessandro Lou</i>	7:30-8:15 Beats Ride CS* <i>Hannah Byrne</i>	8:15-9:15 Vinyasa Yoga YS* <i>Warren Lange</i>	9:45-10:30 Beats Ride CS* <i>Elaine Wang</i>
7:00-7:45 Power Vinyasa (Heated) YS* <i>Zaidee Long</i>	6:50-7:35 Beats Ride CS* <i>Willy Kellogg</i>	7:00-7:45 Pilates Fusion (Heated) YS* <i>Kate Wiles</i>	7:30-8:15 Stronger MS* <i>Team Equinox</i>	7:30-8:15 Stronger MS* <i>Jomar Tagatac</i>	8:30-9:15 Beats Ride CS* <i>Garrett Kale</i>	10:00-10:45 Cardio Sculpt MS* <i>Jaiden De Anda</i>
7:15-8:00 Pilates Fusion MS* <i>Olivia Tataseo</i>	7:15-8:00 Pilates Fusion (Heated) YS* <i>Gia Kirkland</i>	7:30-8:15 Leg Day MS* <i>Evangeline Alpojanis</i>	9:30-10:15 True Barre: Bala Bangle MS* <i>Nicolyn Alarcon</i>	11:00-11:45 Body Sculpt MS* <i>Alice Ramshaw</i>	9:00-9:45 Rhythmic Sculpt MS* <i>Philip Gleichauf</i>	10:00-10:45 True Barre YS* <i>Nicolyn Alarcon</i>
9:30-10:15 True Barre YS* <i>Cynthia Dawson</i>	7:30-8:15 Stronger MS* <i>Colette Harmon</i>	9:30-10:15 Stronger Women MS* <i>Colette Harmon</i>	12:00-12:45 Stacked MS* <i>Lauren Settembrino</i>	12:00-12:45 MetCon3 MS* <i>Greg Alan</i>	9:30-10:20 Precision Run Club CL* <i>Garrett Kale</i>	11:00-11:45 MetCon3 MS* <i>Greg Alan</i>
12:00-12:45 Stronger MS* <i>Chris Turner</i>	9:30-10:15 Pilates Fusion (Heated) YS* <i>Evangeline Alpojanis</i>	2:30-3:20 Pilates Rise (Heated) YS* <i>Colette Harmon</i>	2:00-2:45 Pilates at the Barre YS* <i>Kate Wiles</i>	12:00-12:45 Power Vinyasa (Heated) YS* <i>Sam Grillo</i>	9:30-10:15 Pilates Fusion (Heated) YS* <i>Lauren Haden</i>	11:30-12:30 Power Vinyasa (Heated) YS* <i>Alessandro Lou</i>
12:15-1:00 Vinyasa Yoga (Heated) YS* <i>Warren Lange</i>	11:00-11:45 True Barre YS* <i>Nicolyn Alarcon</i>	2:45-3:30 Leg Day MS* <i>Chris Turner</i>	4:15-5:00 Barefoot Sculpt (Heated) YS* <i>Carolyn Roney</i>	2:30-3:20 Pilates Rise (Heated) YS* <i>Philip Gleichauf</i>	10:00-10:45 Pilates Fusion MS* <i>Colette Harmon</i>	12:00-12:45 True Barre: Bala Bangle (Heated) MS* <i>Jaiden De Anda</i>
2:30-3:15 True Barre: Bala Bangle MS* <i>Emily Wiggins</i>	12:00-12:45 Cardio Sculpt MS* <i>Colette Harmon</i>	3:45-4:30 Barefoot Sculpt (Heated) YS* <i>Colette Harmon</i>	4:30-5:15 Cardio Dance MS* <i>Emily Wiggins</i>	4:00-5:15 Power Vinyasa (L2) (Heated) YS* <i>Ashley Hayes</i>	10:30-11:30 Power Vinyasa (Heated) YS* <i>Clare McInerney</i>	1:00-1:50 Pilates Rise YS* <i>Carolyn Roney</i>
3:45-4:30 True Barre YS* <i>Jai Mac Neil</i>	4:15-5:00 Best Butt Ever MS* <i>Lauren Settembrino</i>	4:00-4:45 MetCon3 MS* <i>Garrett Kale</i>	5:30-6:15 Leg Day MS* <i>Garrett Kale</i>	4:45-5:30 Best Butt Ever (Heated) MS* <i>Melissa Boyd</i>	11:00-11:45 Stronger MS* <i>Garrett Kale</i>	2:15-3:00 Barefoot Sculpt (Heated) YS* <i>Carolyn Roney</i>
4:00-4:45 Leg Day MS* <i>Jomar Tagatac</i>	4:15-5:00 Power Vinyasa (Heated) YS* <i>Elena Montauti</i>	5:00-6:00 Power Vinyasa (Heated) YS* <i>Alessandro Lou</i>	5:30-6:20 Pilates Rise (Heated) YS* <i>Colette Harmon</i>	5:45-6:30 Pilates Fusion MS* <i>Grace Lee</i>	12:00-12:45 Barefoot Sculpt (Heated) YS* <i>Jaiden De Anda</i>	3:45-5:00 Vinyasa Yoga YS* <i>Reza Ebrahimi</i>
5:00-6:15 Power Vinyasa (Heated) YS* <i>Clare McInerney</i>	5:30-6:15 MetCon3 MS* <i>Elena Montauti</i>	5:15-6:00 Stronger MS* <i>Garrett Kale</i>	6:30-7:15 True Barre: Bala Bangle MS* <i>Gia Kirkland</i>	5:45-6:30 True Barre YS* <i>Melissa Boyd</i>	12:30-1:15 Rounds: Bags and Mitts MS* <i>Eric Guerra</i>	
5:15-6:00 Stronger Women MS* <i>Colette Harmon</i>	5:30-6:15 Precision Run® TR* <i>Garrett Kale</i>	5:30-6:15 Beats Ride CS* <i>Grace Lee</i>	6:45-7:45 Slow Flow Yoga YS* <i>Jenny Clise</i>		1:00-1:50 Pilates Rise (Heated) YS* <i>Kate Wiles</i>	
5:30-6:15 Beats Ride CS* <i>Grace Lee</i>	5:30-6:15 True Barre YS* <i>Jai Mac Neil</i>	6:30-7:15 Pilates Mat (Heated) YS* <i>Elaina Envia</i>			3:15-4:15 Weekend Wind Down YS* <i>Tom Johnson</i>	
6:30-7:15 MetCon Monday MS* <i>Emma B</i>	6:30-7:15 Anthem Ride CS* <i>Jai Mac Neil</i>	6:35-7:20 Pilates Fusion MS* <i>Olivia Tataseo</i>				
6:30-7:15 Pilates Fusion (Heated) YS* <i>Elaina Envia</i>	6:30-7:15 True Barre: Bala Bangle MS* <i>Emily Wiggins</i>	7:45-8:30 Sonic Meditation YS* <i>Clare McInerney</i>				
7:30-8:15 Rounds: Bags and Mitts MS* <i>Eric Guerra</i>	6:45-8:00 Vinyasa Yoga YS* <i>Jenny Clise</i>					
7:45-8:30 Yin Yoga Meditation YS* <i>Sam Grillo</i>	7:30-8:15 Pilates Fusion MS* <i>Emily Wiggins</i>					

EQUINOX

UNION STREET

2055 Union Street

SAN FRANCISCO CA 94123

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CL Club Lobby

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 Club Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. An Equinox exclusive.

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.

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 Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

HIIT

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

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

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.

Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.

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.

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.