EQUINOX

UNION 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

6:00-6:45 YS *	Barefoot Sculpt: The Ring (Heated) *Sydney Kron*
6:15-7:00 MS *	MetCon Monday *Nikki Elliott*
7:15-8:00 MS *	Stronger *Jomar Tagatac*
7:15-8:00 YS *	Pilates Fusion (Heated) *Olivia Tataseo*
7:30-8:15 CS *	**Beats Ride** ***Greg Alan***
8:15-9:00 YS *	**Barefoot Sculpt: The Ring (Heated)** ***Mari Choy***
12:00-12:45 MS *	Stronger *Chris Turner*
2:30-3:15 MS *	Body Sculpt *Alice Ramshaw*
2:30-3:15 YS *	Vinyasa Yoga (Heated) *Warren Lange*
3:45-4:30 YS *	True Barre *Jai Mac Neil*
4:00-4:45 MS *	Stronger *Jomar Tagatac*
5:00-6:15 YS *	Power Vinyasa (Heated) *Clare McInerney*
5:15-6:00 MS *	Cardio Sculpt *Colette Harmon*
5:30-6:15 CS *	Beats Ride *Grace Lee*
6:30-7:15 MS *	MetCon Monday *Emma B*
6:30-7:15 YS *	Pilates Fusion (Heated) *Elaina Envia*
7:30-8:15 MS *	Rounds: Bags and Mitts *Katie Callo*
7:45-8:30 YS *	Yin Yoga Meditation *Sam Grillo*

TUESDAY

6:00-6:45 YS *	Pilates Fusion (Heated) *Colette Harmon*
6:30-7:15 MS *	Cardio Sculpt *Evangeline Mirzadegan*
6:30-7:15 TR *	Precision Run® *Garrett Kale*
7:00-7:45 YS *	**Barefoot Sculpt: The Ring (Heated)** ***Gia Kirkland***
7:30-8:15 MS *	MetCon3 *Emma B*
8:15-9:00 YS *	**Power Vinyasa (Heated)** ***Alessandro Lou***
10:30-11:15 YS *	**True Barre: Bala Bangle** ***Nicolyn Alarcon***
11:30-12:15 MS *	Leg Day *Jomar Tagatac*
2:00-2:45 YS *	**Barefoot Sculpt: The Ring (Heated)** ***Carolyn Roney***
4:15-5:00 MS *	Best Butt Ever *Lauren Settembrino*
4:15-5:00 YS *	Power Vinyasa (Heated) *Elena Montauti*
5:15-6:00 CS *	Beats Ride *Tara Brown*
5:30-6:15 MS *	MetCon3 *Elena Montauti*
5:30-6:15 TR *	Precision Run® *Garrett Kale*
5:30-6:15 YS *	Barefoot Sculpt: The Ring *Evangeline Mirzadegan*
6:30-7:15 MS *	Cardio Sculpt *Emily Wiggins*
6:45-8:00 YS *	Vinyasa Yoga *Jenny Clise*
7:30-8:15 MS *	Pilates Fusion *Emily Wiggins*

WEDNESDAY

6:00-6:45 YS *	Barefoot Sculpt: The Ring (Heated) *Evangeline Mirzadegan*
6:15-7:00 MS *	Stronger *Nikki Elliott*
7:00-7:45 CS *	Beats Ride *Greg Alan*
7:00-7:45 YS *	Pilates Fusion (Heated) *Evangeline Mirzadegan*
7:15-8:00 MS *	**Leg Day** ***Kate Wiles***
9:30-10:15 MS *	Stronger Women *Colette Harmon*
10:30-11:15 YS *	True Barre *Colette Harmon*
12:00-12:45 MS *	Stacked *Alex Fitzgibbon*
2:30-3:15 YS *	Pilates Fusion (Heated) *Mari Choy*
3:45-4:30 YS *	Barefoot Sculpt: The Ring *Colette Harmon*
4:00-4:45 MS *	MetCon3 *Garrett Kale*
5:00-6:00 YS *	Power Vinyasa (Heated) *Alessandro Lou*
5:15-6:00 MS *	Stronger *Garrett Kale*
5:30-6:15 CS *	Beats Ride *Grace Lee*
6:30-7:15 MS *	**Athletic Conditioning** ***MC***
6:30-7:15 YS *	Pilates Mat (Heated) *Elaina Envia*

THURSDAY

6:00-6:45 YS *	Pilates Fusion (Heated) *Sydney Kron*
6:30-7:15 MS *	Stacked *Garrett Kale*
7:00-8:00 YS *	**Vinyasa Yoga (Heated)** ***Alessandro Lou***
7:30-8:15 MS *	Stronger *Chris Turner*
8:15-9:00 YS *	**Barefoot Sculpt: The Ring** ***Colette Harmon***
10:30-11:15 YS *	Pilates Fusion *Colette Harmon*
11:30-12:15 MS *	Stronger *Lauren Settembrino*
2:00-2:45 YS *	Pilates Fusion (Heated) *Elaina Envia*
4:15-5:00 YS *	Barefoot Sculpt: The Ring (Heated) *Mari Choy*
4:30-5:15 MS *	Cardio Dance *Zachary Parrish*
5:30-6:15 MS *	Athletic Conditioning *Garrett Kale*
5:30-6:20 YS *	Pilates Rise (Heated) *Lauren Haden*
6:30-7:15 MS *	Rounds: Bags and Mitts *Katie Callo*
6:45-7:45 YS *	Slow Flow Yoga *Jenny Clise*
8:00-8:45 YS *	**Sonic Meditation** ***Dana Damara***

FRIDAY

6:15-7:00 MS *	MetCon3 *Greg Alan*
7:00-7:45 YS *	Pilates Fusion (Heated) *Olivia Tataseo*
7:30-8:15 CS *	Beats Ride *Greg Alan*
7:30-8:15 MS *	Stronger *Jomar Tagatac*
8:15-9:00 YS *	True Barre *Gia Kirkland*
11:00-11:45 YS *	Barefoot Sculpt: The Ring *Evangeline Mirzadegan*
12:00-12:45 MS *	MetCon3 *Evangeline Mirzadegan*
12:30-1:30 YS *	Power Vinyasa (Heated) *Sam Grillo*
2:30-3:20 YS *	Pilates Rise (Heated) *Philip Gleichauf*
3:45-4:30 MS *	Stronger *Alex Fitzgibbon*
4:15-5:30 YS *	Power Vinyasa (L2) (Heated) *Ashley Hayes*
4:45-5:30 MS *	Best Butt Ever *Chris Turner*
5:45-6:30 YS *	**Pilates Fusion (Heated)** ***Grace Lee***

SATURDAY

7:15-8:00 YS *	Pilates Fusion (Heated) *Sydney Kron*
8:00-8:45 MS *	MetCon3 *Jomar Tagatac*
8:15-9:15 YS *	Vinyasa Yoga *Warren Lange*
8:30-9:15 CS *	Beats Ride *Garrett Kale*
9:00-9:45 MS *	Cardio Sculpt *Colette Harmon*
9:30-10:20 CL *	Precision Run Club *Garrett Kale*
9:30-10:15 YS *	Pilates Fusion (Heated) *Lauren Haden*
10:00-10:45 MS *	Pilates Fusion *Colette Harmon*
10:30-11:30 YS *	Power Vinyasa (Heated) *Clare McInerney*
11:00-11:45 MS *	Stronger *Garrett Kale*
12:00-12:45 YS *	Barefoot Sculpt: The Ring (Heated) *Jaiden De Anda*
1:00-1:50 YS *	Pilates Rise (Heated) *Kate Wiles*
2:15-3:15 YS *	**Weekend Wind Down Yoga** ***Tom Johnson***

SUNDAY

7:15-8:05 YS *	**Vinyasa Yoga (Heated)** ***Dana Damara***
8:30-9:15 YS *	Barefoot Sculpt: The Ring (Heated) *Philip Gleichauf*
9:00-9:45 MS *	Stronger *Greg Alan*
9:00-9:45 TR *	Precision Run + Strength *Jomar Tagatac*
9:45-10:30 CS *	Beats Ride *Elaine Wang*
10:00-10:45 MS *	Rhythmic Sculpt *Philip Gleichauf*
10:00-10:45 YS *	Pilates Fusion (Heated) *Emily Wiggins*
11:00-11:45 MS *	**Athletic Conditioning** ***Greg Alan***
11:30-12:30 YS *	Power Vinyasa (Heated) *Alessandro Lou*
1:00-1:50 YS *	Pilates Rise *Carolyn Roney*
2:15-3:00 YS *	Barefoot Sculpt (Heated) *Carolyn Roney*
3:45-5:00 YS *	Vinyasa Yoga *Reza Ebrahimi*

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

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 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

colette.hernandez@equinox.com

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

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.

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.

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.

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.

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.

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 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.

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.

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.

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.
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.