

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

EQUINOX

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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 with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. 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

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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

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.

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.

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.