

# EQUNOX

## UNION STREET

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

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 Power Vinyasa (Heated) YS * <i>Steph Vu</i>	6:00-6:45 Pilates Fusion (Heated) Lauren Haden	6:15-7:00 MetCon3 MS * <i>Hannah Byrne</i>	7:15-8:00 Pilates Fusion (Heated) YS * <i>Elaina Envia</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 Alpogianis</i>	6:15-7:00 Best Butt Ever MS * <i>Charlotte Kallerman</i>	6:30-7:15 Stacked MS * <i>Garrett Kale</i>	7:00-7:45 Pilates Fusion (Heated) Elaina Envia	8:00-8:45 MetCon3 MS * <i>Jomar Tagatac</i>	9:00-9:45 Stronger MS * <i>Greg Alan</i>
7:00-7:45 Precision Walk: Elevate TR * <i>Tara Brown</i>	6:30-7:15 Precision Run® TR * <i>Garrett Kale</i>	7:00-7:45 Beats Ride MS * <i>Hannah Byrne</i>	7:15-8:00 <b>Athletic Stretch (Heated)</b> <i>Alessandro Lou</i>	7:30-8:15 Beats Ride MS * <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>Clare McInerney</i>	7:15-8:00 Pilates Fusion (Heated) Gia Kirkland	7:00-7:45 Pilates Fusion (Heated) YS * <i>Kate Wiles</i>	7:30-8:15 Stronger MS * <i>Iris Vazquez</i>	7:30-8:15 Stronger MS * <i>Iris Vazquez</i>	8:30-9:15 Beats Ride CS * <i>Garrett Kale</i>	10:00-10:45 Cardio Sculpt MS * <i>Jaiden De Anda</i>
7:30-8:15 Core6 MS * <i>Philip Gleichauf</i>	7:30-8:15 Stronger MS * <i>Iris Vazquez</i>	7:30-8:15 <b>True Barre: Bala Bangle</b> <i>Colette Harmon</i>	9:30-10:15 <b>True Barre: Bala Bangle</b> <i>Nicolyn Alarcon</i>	9:30-10:15 <b>Barefoot Sculpt (Heated)</b> <i>Elena Montauti</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 <b>True Barre (Heated)</b> <i>Mario Godiva</i>	9:30-10:15 Pilates Fusion (Heated) <i>Evangeline Alpogianis</i>	9:30-10:15 Limited Series: Stronger Women <i>Colette Harmon</i>		11:00-11:45 True Barre: Bala Bangle MS * <i>Colette Harmon</i>	9:30-10:15 Precision Run® TR * <i>Garrett Kale</i>	11:00-11:45 MetCon3 MS * <i>Greg Alan</i>
	11:00-11:45 True Barre YS * <i>Nicolyn Alarcon</i>	MS * <i>Colette Harmon</i>	12:15-1:00 <b>Cardio Sculpt (Heated)</b> <i>Evangeline Alpogianis</i>	12:15-1:00 MS * <i>Colette Harmon</i>	12:00-12:45 MetCon3 MS * <i>Elaina Envia</i>	11:30-12:30 Power Vinyasa (Heated) YS * <i>Alessandro Lou</i>
12:00-12:45 Stronger MS * <i>Chris Turner</i>	2:00-2:45 <b>Cardio Sculpt</b> <i>Colette Harmon</i>	12:00-12:50 360 Strength MS * <i>Chris Turner</i>	2:00-2:45 Pilates at the Barre YS * <i>Kate Wiles</i>	12:00-12:45 Power Vinyasa (Heated) MS * <i>Sam Grillo</i>	10:00-10:45 Pilates Fusion (Heated) MS * <i>Elaina Envia</i>	
12:15-1:00 Vinyasa Yoga (Heated) YS * <i>Warren Lange</i>	2:00-2:45 <b>Cardio Sculpt</b> <i>Colette Harmon</i>	12:15-1:00 True Barre YS * <i>Cynthia Dawson</i>	4:15-5:05 360 Strength MS * <i>Lauren Settembrino</i>	12:00-12:45 Power Vinyasa (Heated) MS * <i>Sam Grillo</i>	10:30-11:30 Power Vinyasa (Heated) MS * <i>Clare McInerney</i>	12:00-12:45 Core6 MS * <i>Jaiden De Anda</i>
2:30-3:15 True Barre: Bala Bangle MS * <i>Emily Wiggins</i>	4:15-5:00 Best Butt Ever MS * <i>Lauren Settembrino</i>	2:30-3:20 Pilates Rise (Heated) YS * <i>Colette Harmon</i>	4:15-5:00 Barefoot Sculpt (Heated) MS * <i>Carolyn Roney</i>	2:30-3:20 Pilates Rise (Heated) YS * <i>Philip Gleichauf</i>	10:45-11:30 Precision Walk: Elevate TR * <i>Jaiden De Anda</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 Power Vinyasa (Heated) MS * <i>Steph Vu</i>	3:45-4:30 Barefoot Sculpt (Heated) MS * <i>Elena Montauti</i>	4:15-5:05 Barefoot Sculpt (Heated) MS * <i>Lauren Settembrino</i>	3:00-3:45 Core6 MS * <i>Evangeline Alpogianis</i>	11:00-11:45 Stronger MS * <i>Garrett Kale</i>	2:15-3:00 Barefoot Sculpt (Heated) YS * <i>Carolyn Roney</i>
4:00-4:50 Ropes and Rowers MS * <i>Jomar Tagatac</i>	5:30-6:15 MetCon3 MS * <i>Elena Montauti</i>	5:30-6:15 Precision Walk: Elevate MS * <i>Hannah Byrne</i>	5:30-6:15 Athletic Conditioning MS * <i>Garrett Kale</i>	4:00-5:15 Power Vinyasa (L2) (Heated) YS * <i>Ashley Hayes</i>	12:00-12:45 Barefoot Sculpt (Heated) MS * <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 Precision Run® TR * <i>Garrett Kale</i>	4:00-4:45 MetCon3 MS * <i>Garrett Kale</i>	5:30-6:15 Pilates Rise (Heated) MS * <i>Colette Harmon</i>	4:45-5:30 Best Butt Ever MS * <i>Melissa Boyd</i>	12:30-1:15 Rounds: Bags and Mitts MS * <i>Eric Guerra</i>	
5:15-6:00 <b>Limited Series: Stronger Women</b> <i>Colette Harmon</i>	5:30-6:15 True Barre YS * <i>Jai Mac Neil</i>	5:00-6:00 Power Vinyasa (Heated) YS * <i>Alessandro Lou</i>	5:45-6:30 CS * <i>Tara Brown</i>	5:45-6:30 Pilates Fusion MS * <i>Grace Lee</i>	1:00-1:50 Pilates Rise (Heated) YS * <i>Kate Wiles</i>	
5:15-6:00 Precision Run + Strength TR * <i>Jomar Tagatac</i>	6:30-7:15 Anthem Ride CS * <i>Jai Mac Neil</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 MS * <i>Melissa Boyd</i>	3:15-4:15 Weekend Wind Down Yoga YS * <i>Tom Johnson</i>	
5:30-6:15 Beats Ride CS * <i>Grace Lee</i>	6:45-8:00 Vinyasa Yoga YS * <i>Jenny Clise</i>	6:30-7:15 Beats Ride MS * <i>Grace Lee</i>	6:45-7:45 Slow Flow Yoga YS * <i>Jenny Clise</i>	7:00-7:45 Sonic Meditation YS * <i>Mary Hayano</i>		
6:30-7:15 MetCon Monday MS * <i>Emma B</i>	7:30-8:15 Pilates Fusion MS * <i>Charlotte Kallerman</i>	6:30-7:15 Core6 YS * <i>Jaiden De Anda</i>				
6:30-7:15 Pilates Fusion (Heated) YS * <i>Elaina Envia</i>		6:30-7:15 Pilates Mat (Heated) Elaina Envia				
7:30-8:15 Rounds: Bags and Mitts MS * <i>Eric Guerra</i>		7:45-8:30 Sonic Meditation YS * <i>Clare McInerney</i>				
7:45-8:30 Yin Yoga Meditation YS * <i>Sam Grillo</i>						

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUNOX

## 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

colette.hernandez@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.

## ❖ 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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## ❖ 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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will 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.

**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.

## ❖ 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.

**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, low-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

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**Limited Series: Stronger Women** Introducing 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.

**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.