EQUINOX

SPORTS CLUB SAN FRANCISCO

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

7:00-7:45 MS *	Athletic Conditioning *Winnie Siu*
7:15-8:00 CS *	Beats Ride *Team Equinox*
8:15-9:00 BA *	**True Barre** ***Cynthia Dawson***
9:30-10:15 MS *	Leg Day *Jomar Tagatac*
12:00-12:50 BA *	Pilates at the Barre *Sarah Emmons*
4:00-4:45 MS *	Athletic Conditioning *Garrett Kale*
4:30-5:15 BA *	Barefoot Sculpt *Evangeline Mirzadegan*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Warren Lange*
5:15-6:00 MS *	MetCon Monday *Danielle Wang*
5:30-6:15 BA *	Pilates Fusion *Megan Yamashita*
6:15-7:00 MS *	Stronger *Lauren Settembrino*
6:15-7:00 TR *	Precision Run® *Rich Velazquez*
6:15-7:15 YS *	Power Vinyasa *Alessandro Lou*
6:30-7:15 BA *	True Barre *Danielle Joseph*
7:30-8:15 MS *	Cardio Dance *Anna Bolender*
7:30-8:30 YS *	Yin Yoga + Sound Meditation *Joseph Ilustrisimo*

TUESDAY

7:00-7:45 MS *	Stronger *Sally French*
10:00-10:45 BA *	Pilates Mat *Jordanna Dworkin*
11:00-11:45 BA *	Barefoot Sculpt: The Ring *Jordanna Dworkin*
12:00-12:45 MS *	TRX Max *Cynthia Dawson*
12:00-1:00 YS *	Vinyasa Yoga *Cecily Guest*
5:30-6:20 BA *	Pilates at the Barre *Kate Wiles*
5:30-6:15 MS *	Best Butt Ever *Rich Morris*
5:30-6:15 TR *	Precision Run + Strength *Sarah Sung*
5:45-7:00 YS *	Power Vinyasa (L2) *Cecily Guest*
6:00-7:00 BR *	Rounds: Boxing *Rick Garcia*
6:00-7:00 Y2 *	Restorative Yoga *Steven Rogers*
6:15-7:00 CS *	Beats Ride *Trevor Yip*
6:30-7:15 BA *	Pilates Fusion *Sarah Emmons*
6:30-7:15 MS *	Circuit Training *Philip Koranteng*
7:15-8:00 Y2 *	Sound Meditation *Alessandro Lou*

WEDNESDAY

7:00-7:45 MS *	Athletic Conditioning *Lauren Settembrino*
7:15-8:00 CS *	Beats Ride *Matthew Modleski*
9:30-10:15 MS *	Stronger *Kate Wiles*
10:30-11:15 MS *	Cardio Dance: Skybeat *Skyler Rodgers*
12:00-12:45 BA *	Pilates Fusion *Kate Wiles*
4:30-5:15 TR *	Precision Walk: Elevate *Steph Vu*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Reza Ebrahimi*
5:15-6:00 MS *	Stronger *Mark Protacio*
5:30-6:15 BA *	Pilates Rise *Precious Moreno*
5:30-6:15 Y2 *	Athletic Stretch (Heated) *Steph Vu*
5:45-6:30 CS *	Beats Ride *Team Equinox*
6:15-7:05 MS *	**TRX Max Circuit** ***Chris Turner***
6:15-7:15 YS *	Vinyasa Yoga *Denelle Numis*
6:30-7:15 BA *	**True Barre: Bala Bangle** ***Cynthia Dawson***
7:30-8:30 YS *	Yin Yoga *Helen Mann*

THURSDAY

7:00-7:45 MS *	MetCon3 *Jomar Tagatac*
10:00-10:45 BA *	Pilates Mat *Jordanna Dworkin*
11:00-11:45 MS *	Best Stretch Ever *Jordanna Dworkin*
12:00-12:45 MS *	Stronger *Cynthia Dawson*
12:00-1:00 YS *	Vinyasa Yoga *Cecily Guest*
5:30-6:15 BA *	True Barre *Sarah Emmons*
5:30-6:15 MS *	MetCon3 *Rich Velazquez*
5:30-6:15 TR *	Precision Run® *Philip Koranteng*
5:45-7:00 YS *	Power Vinyasa (L2) *Cecily Guest*
6:00-6:45 BR *	Rounds: Boxing *James Johnson*
6:00-7:00 Y2 *	Slow Flow Yoga *Mariah Kei*
6:15-7:00 CS *	Anthem Ride *Ashley Chin*
6:30-7:15 BA *	Barefoot Sculpt: The Ring *Kate Wiles*
6:30-7:15 MS *	Stronger *Philip Koranteng*
7:15-8:00 Y2 *	Sound Meditation *Joseph Ilustrisimo*

FRIDAY

7:00-7:45 PD *	Swim: Pro (L3) *Sarah Larson*
8:15-9:00 YS *	**Power Vinyasa** ***Rachel Soon***
9:30-10:20 BA *	Pilates at the Barre *Kate Wiles*
10:30-11:15 MS *	Cardio Dance *Natalie Padron*
12:00-12:45 MS *	Circuit Training *Lauren Settembrino*
12:15-1:00 YS *	**Power Vinyasa** ***Mariah Kei***
5:15-6:00 MS *	Leg Day *Jaiden De Anda*
5:30-6:30 BR *	Rounds: Boxing *Rick Garcia*
5:45-6:30 BA *	Pilates Mat *Sarah Emmons*

SATURDAY

9:00-9:50 PD *	Swim: Skills + Drills *Kate Wiles*
9:15-10:05 CS *	**Precision Ride** ***Winnie Siu***
9:15-10:00 MS *	MetCon3 *Addie Norman*
9:45-10:45 YS *	Vinyasa Yoga (Heated) *Cecily Guest*
10:00-11:00 BR *	**Rounds: Boxing** ***Edgardo Villanueva***
10:15-11:00 BA *	Pilates Rise *Kate Wiles*
10:30-11:15 MS *	Ropes and Rowers *Winnie Siu*
11:30-12:15 BA *	Barefoot Sculpt: The Ring *Stephanie Lo*
11:30-12:15 MS *	**Stronger** ***Cynthia Dawson***
12:30-1:00 BA *	Athletic Stretch *Stephanie Lo*
12:30-1:30 MS *	**Rounds: Kickboxing** ***Edgardo Villanueva***
12:30-1:30 YS *	Vinyasa Yoga (Heated) *Steven Rogers*

SUNDAY

8:45-9:30 MS *	Cardio Dance *Brendan Simon*
9:00-9:50 PD *	Swim: Basics *Sarah Larson*
9:30-10:30 Y2 *	Sculpted Yoga™ (Heated) *Melinda Soldan*
9:45-10:30 MS *	Stacked *Lauren Settembrino*
10:30-11:30 YS *	Vinyasa Yoga *Mary Hayano*
10:45-11:30 CS *	Beats Ride *Willy Kellogg*
10:45-11:30 MS *	Leg Day *Mark Protacio*
11:45-12:30 BA *	Pilates Fusion *Mary Hayano*
12:30-1:30 YS *	Hatha Yoga *Helen Mann*
3:30-4:30 YS *	Weekend Wind Down Yoga *Alessandro Lou*

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

EQUINOX

SPORTS CLUB SAN FRANCISCO

747 Market Street

SAN FRANCISCO CA 94103

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

stephen.selnick@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

Y2 Yoga Studio 2

BA Barre Studio

TR Treadmill Area

BR Boxing Studio

PD Pool Deck

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.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

Yoga

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
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.
Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.
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.

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.

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: Skybeat Created by Skylar Rodgers, this easy-to-follow dance-based class includes basic plyometrics, aerobic sequencing, and various dance styles. Improve Cardiovascular fitness and have fun.

Boxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.
Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.
Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.
Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

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.

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.
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.
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.
TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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.

Swim

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.
Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.
Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

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.