EQUINOX

**VAN MISSION**

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

| | |
|---|---|
| 7:00-7:50 YS * | **Vinyasa Yoga (Heated)** ***Alessandro Lou*** |
| 7:15-8:00 CS * | Beats Ride *Matthew Modleski* |
| 7:15-8:00 MS * | Stronger *Chris Turner* |
| 8:15-9:00 YS * | **Barefoot Sculpt: The Ring (Heated)** ***Alessandro Lou*** |
| 12:15-1:00 MS * | **TRX Max Circuit** ***Joshua Vela*** |
| 12:30-1:30 YS * | Vinyasa Yoga *Usha Moss* |
| 4:30-5:15 YS * | Vinyasa Yoga *Kiley Holliday* |
| 4:45-5:30 MS * | Rounds: Boxing *Rick Garcia* |
| 5:30-6:15 CS * | Beats Ride *Willy Kellogg* |
| 5:30-6:15 TR * | Precision Run® *Noah Gonzalez* |
| 5:30-6:15 YS * | Vinyasa Yoga (Heated) *Haley Havelock* |
| 5:45-6:30 MS * | Stronger *Sally French* |
| 6:30-7:15 YS * | Pilates Fusion (Heated) *Kiana Moody* |
| 6:45-7:30 MS * | Core6 *Alejandro Gutierrez De Pineres* |
| 7:30-8:15 YS * | Slow Flow Yoga *MG Brills* |

## TUESDAY

| | |
|---|---|
| 7:00-7:45 TR * | Precision Run® *Rich Velazquez* |
| 7:15-8:00 MS * | Leg Day *Steph Vu* |
| 7:15-8:00 YS * | True Barre: Bala Bangle *Cynthia Dawson* |
| 8:15-9:00 YS * | Vinyasa Yoga (Heated) *Steph Vu* |
| 12:15-1:00 MS * | Stronger Women *Darlene Powell* |
| 12:15-1:00 YS * | Vinyasa Yoga (Heated) *Haley Havelock* |
| 4:00-4:45 YS * | Pilates Mat *Joshua Vela* |
| 4:30-5:15 MS * | Stronger *Spencer Lee* |
| 5:00-5:45 YS * | True Barre *Usha Moss* |
| 5:30-6:15 MS * | **MetCon3** ***Joshua Vela*** |
| 5:30-6:15 TR * | Precision Run® *Dana Morgan* |
| 5:45-6:30 CS * | Anthem Ride *Spencer Lee* |
| 6:00-7:00 YS * | Power Vinyasa (Heated) *Kiley Holliday* |
| 6:30-7:15 MS * | Cardio Dance *Kenny Walter* |
| 7:15-8:00 YS * | Barefoot Sculpt (Heated) *Mitchell Rood* |

## WEDNESDAY

| | |
|---|---|
| 7:00-7:50 YS * | Power Vinyasa (Heated) *Tai* |
| 7:15-8:00 CS * | Beats Ride *Tess Monahan* |
| 7:15-8:00 MS * | 360 Strength *Winnie Siu* |
| 8:15-9:00 YS * | Pilates Fusion *Jordanna Dworkin* |
| 12:15-1:00 MS * | MetCon3 *Joshua Vela* |
| 12:30-1:15 YS * | Power Vinyasa (Heated) *Haley Havelock* |
| 4:30-5:15 YS * | Vinyasa Yoga *Denelle Numis* |
| 4:45-5:30 MS * | **TRX Max Circuit** ***Joshua Vela*** |
| 5:30-6:15 CS * | Beats Ride *Ashley Chin* |
| 5:30-6:15 YS * | Pilates Rise *Kate Wiles* |
| 5:45-6:30 MS * | Body Sculpt *Imran Khan* |
| 6:30-7:15 YS * | Pilates at the Barre *Kate Wiles* |
| 6:45-7:30 MS * | MetCon3 *Eddie Ying* |
| 7:30-8:15 YS * | Power Vinyasa (Heated) *Mariah Kei* |

## THURSDAY

| | |
|---|---|
| 7:00-7:45 TR * | Precision Run® *MJ Paul* |
| 7:15-8:00 MS * | MetCon3 *Henry Brazer* |
| 7:15-8:00 YS * | Pilates Fusion (Heated) *Gia Kirkland* |
| 8:15-9:00 YS * | Athletic Stretch (Heated) *Steph Vu* |
| 12:15-1:00 MS * | **Stronger** ***Chris Turner*** |
| 12:15-1:15 YS * | Vinyasa Yoga *Warren Lange* |
| 4:00-4:45 YS * | Pilates Fusion *Kate Wiles* |
| 4:30-5:15 MS * | Stronger *Mark Protacio* |
| 5:00-5:45 YS * | Barefoot Sculpt: The Ring *Jordanna Dworkin* |
| 5:30-6:15 MS * | Rounds: Kickboxing *Rick Garcia* |
| 5:45-6:30 CS * | Beats Ride *Willy Kellogg* |
| 6:00-7:00 YS * | Vinyasa Yoga (Heated) *Chris Tilley* |
| 6:30-7:15 MS * | Cardio Dance *Zachary Parrish* |
| 7:15-8:00 YS * | Yin Yoga (Heated) *Steven Rogers* |

## FRIDAY

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|---|---|
| 7:10-8:00 MS * | Ropes and Rowers *Winnie Siu* |
| 7:30-8:20 YS * | Vinyasa Yoga (Heated) *Mariah Kei* |
| 12:15-1:00 MS * | Stacked *Matthew Modleski* |
| 12:30-1:30 YS * | Power Vinyasa *Cecily Guest* |
| 2:30-3:15 YS * | **Pilates Fusion (Heated)** ***Joshua Vela*** |
| 4:15-5:00 YS * | True Barre *Sarah Emmons* |
| 4:30-5:15 TR * | Precision Run® *Garrett Kale* |
| 5:15-6:00 CS * | Beats Ride *Kelsey Pfeffer* |
| 5:30-6:20 MS * | Best Butt Ever *Garrett Kale* |
| 5:30-6:30 YS * | Power Vinyasa (Heated) *Warren Lange* |
| 6:45-7:30 YS * | Sound Meditation *Erica Nguyen* |

## SATURDAY

| | |
|---|---|
| 8:15-9:15 YS * | Vinyasa Yoga *Mary Hayano* |
| 9:15-10:00 CS * | Anthem Ride *Willy Kellogg* |
| 9:30-10:15 MS * | Core6 *Jaiden De Anda* |
| 9:30-10:15 TR * | Precision Run® *Noah Gonzalez* |
| 10:30-11:15 MS * | Stronger *Addie Norman* |
| 10:30-11:15 YS * | Pilates Fusion *Kiana Moody* |
| 11:30-12:15 MS * | Rounds: Bags and Mitts *Rick Garcia* |
| 12:15-1:30 YS * | Vinyasa Yoga (Heated) *Warren Lange* |
| 12:45-1:30 MS * | MetCon3 *Chris Turner* |
| 2:00-3:00 YS * | Weekend Wind Down Yoga *Steven Rogers* |

## SUNDAY

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|---|---|
| 9:00-10:15 YS * | Vinyasa Yoga (Heated) *Alessandro Lou* |
| 9:30-10:30 CS * | Endurance Ride 60 *Malcolm Eaton* |
| 9:30-10:15 MS * | Best Butt Ever *Jennifer Padilla* |
| 10:30-11:15 MS * | Cardio Dance *Zachary Parrish* |
| 10:30-11:15 YS * | Barefoot Sculpt: The Ring *Jennifer Padilla* |
| 11:30-12:30 YS * | Vinyasa Yoga *Mariah Kei* |
| 11:45-12:35 MS * | 360 Strength *Winnie Siu* |
| 1:30-2:00 MS * | Upper Body Pump *Alejandro Gutierrez De Pineres* |
| 1:30-2:20 YS * | Weekend Wind Down Yoga *Mary Hayano* |
| 2:00-2:30 MS * | Best Abs Ever *Alejandro Gutierrez De Pineres* |
| 2:30-3:15 CS * | Anthem Ride *Willy Kellogg* |
| 2:30-3:15 YS * | Sonic Meditation *Mary Hayano* |

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

EQUINOX

**VAN MISSION**

1560 Mission 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**

josh.vela@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.
**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

## HIIT

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, 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.
**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 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.

## 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.
**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

**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 Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.
**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.
**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.

## Running

**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** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## 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.

## 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.
**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.

## 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.