

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 YS * Power Vinyasa (Heated) <i>Alessandro Lou</i>	7:15-8:00 CS * Beats Ride <i>Matthew Modleski</i>	7:00-7:45 TR * Precision Run® <i>Rich Velazquez</i>	7:15-8:00 MS * Athletic Conditioning Sergio Antonio	7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Alessandro Lou</i>	7:15-8:00 CS * Beats Ride <i>Tess Monahan</i>	7:00-7:45 TR * Precision Run® <i>MJ Paul</i>	7:15-8:00 MS * MetCon3 <i>Henry Brazier</i>	7:00-8:00 YS * Sculpted Yoga™ (Heated) <i>Steph Vu</i>	7:10-8:00 MS * Ropes and Rowers <i>Winnie Siu</i>	8:15-9:00 MS * Core6 <i>Steph Vu</i>	8:15-9:15 YS * Vinyasa Yoga <i>Mary Hayano</i>	9:00-10:15 YS * Vinyasa Yoga (Heated) <i>Alessandro Lou</i>	
7:15-8:00 MS * Stronger <i>Chris Turner</i>	12:15-1:00 MS * Core6 <i>Joshua Vela</i>	7:15-8:00 YS * True Barre: Bala Bangle <i>Cynthia Dawson</i>	8:15-9:00 YS * Vinyasa Yoga (Heated) <i>Steph Vu</i>	7:15-8:00 MS * 360 Strength <i>Winnie Siu</i>	8:15-9:00 YS * Pilates Fusion <i>Jordanna Dworkin</i>	7:15-8:00 YS * Pilates Fusion (Heated) <i>Gia Kirkland</i>	8:15-9:00 YS * Athletic Stretch (Heated) <i>Steph Vu</i>	12:15-1:00 MS * Stacked <i>Matthew Modleski</i>	12:30-1:30 YS * Power Vinyasa <i>Cecily Guest</i>	9:30-10:15 MS * Core6 <i>Sergio Antonio</i>	9:15-10:00 CS * Anthem Ride <i>Willy Kellogg</i>	9:15-10:00 MS * MetCon3 <i>Kendall Mordetzky</i>	
12:30-1:30 YS * Vinyasa Yoga <i>Usha Moss</i>	4:30-5:15 YS * Vinyasa Yoga <i>Kiley Holliday</i>	11:15-12:00 YS * Vinyasa Yoga Alessandro Lou	12:15-1:00 MS * Limited Series: Stronger Women <i>Darlene Powell</i>	12:15-1:00 MS * MetCon3 <i>Sergio Antonio</i>	12:30-1:15 YS * Power Vinyasa (Heated) <i>Haley Havelock</i>	11:15-12:00 YS * Pilates at the Barre <i>Joshua Vela</i>	12:15-1:00 MS * Stronger <i>Darlene Powell</i>	2:30-3:15 YS * Pilates Fusion (Heated) <i>Kate Wiles</i>	11:00-11:45 YS * True Barre: Bala Bangle <i>Mandy Limbach</i>	10:15-11:00 TR * Precision Run® <i>Jomar Tagatac</i>	10:30-11:15 MS * Stronger <i>Addie Norman</i>	10:45-11:30 YS * Pilates Fusion <i>Joshua Vela</i>	
4:45-5:30 MS * Rounds: Boxing <i>Rick Garcia</i>	5:15-6:00 CS * Anthem Ride <i>Spencer Lee</i>	12:15-1:00 YS * Pilates at the Barre Lily Klausner	4:00-4:45 YS * Pilates Mat <i>Joshua Vela</i>	4:30-5:15 YS * Vinyasa Yoga <i>Denelle Numis</i>	4:45-5:30 MS * Stacked <i>Joshua Vela</i>	4:00-4:45 MS * Pilates at the Barre <i>Kate Wiles</i>	4:30-5:15 MS * Stronger <i>Mark Protacio</i>	4:15-5:00 YS * True Barre <i>Sarah Emmons</i>	11:30-12:15 MS * Rounds: Bags and Mitts <i>Rick Garcia</i>	12:15-1:30 YS * Vinyasa Yoga (Heated) <i>Warren Lange</i>	12:00-1:00 YS * Vinyasa Yoga <i>Melinda Soldan</i>	12:00-1:00 YS * Vinyasa Yoga <i>Melinda Soldan</i>	
5:30-6:15 YS * Vinyasa Yoga (Heated) <i>Haley Havelock</i>	5:30-6:15 MS * Body Sculpt <i>Mario Godiva</i>	4:30-5:15 MS * Body Sculpt <i>Mario Godiva</i>	5:00-5:45 YS * True Barre <i>Usha Moss</i>	5:30-6:15 YS * True Barre: Cardio <i>Philip Gleichauf</i>	5:45-6:30 CS * Anthem Ride <i>Ashley Chin</i>	4:30-5:15 MS * Stronger <i>Mark Protacio</i>	5:00-5:45 YS * Pilates Rise <i>Jordanna Dworkin</i>	4:30-5:15 TR * Precision Run® <i>Garrett Kale</i>	12:45-1:35 MS * 360 Strength <i>Chris Turner</i>	12:15-1:30 YS * Vinyasa Yoga (Heated) <i>Warren Lange</i>	12:45-1:35 MS * 360 Strength <i>Chris Turner</i>	1:30-2:15 MS * Stronger <i>Joshua Vela</i>	
5:45-6:30 MS * Stronger <i>Sally French</i>	5:45-6:30 CS * Beats Ride <i>Willy Kellogg</i>	5:00-5:45 YS * True Barre <i>Usha Moss</i>	5:30-6:15 MS * Ropes and Rowers <i>Joshua Vela</i>	5:45-6:30 MS * 360 Strength <i>Joshua Vela</i>	5:45-6:35 MS * 360 Strength <i>Joshua Vela</i>	5:00-5:45 YS * Pilates Rise <i>Jordanna Dworkin</i>	5:30-6:15 MS * Rounds: Kickboxing <i>Rick Garcia</i>	5:15-6:00 CS * Beats Ride <i>Kelsey Pfeffer</i>	2:00-3:00 YS * Weekend Wind Down Yoga <i>Steven Rogers</i>	5:30-6:20 MS * Best Butt Ever <i>Garrett Kale</i>	2:00-3:00 YS * Weekend Wind Down Yoga <i>Steven Rogers</i>	2:30-3:15 CS * Anthem Ride <i>Sarah Good</i>	
6:30-7:15 YS * Pilates Fusion (Heated) <i>Annalisa Brown</i>	6:30-7:15 MS * Core6 <i>Alejandro Gutierrez De Pineres</i>	5:30-6:15 TR * Precision Run® <i>Dana Morgan</i>	5:30-6:15 MS * Ropes and Rowers <i>Joshua Vela</i>	6:30-7:15 YS * Pilates Rise (Heated) <i>Kate Wiles</i>	6:30-7:15 YS * Pilates Rise (Heated) <i>Kate Wiles</i>	5:30-6:15 TR * Precision Run® <i>Steph Vu</i>	5:30-6:15 TR * Precision Run® <i>Steph Vu</i>	5:30-6:30 YS * Power Vinyasa (Heated) <i>Warren Lange</i>	6:45-7:30 YS * Sound Meditation <i>Erica Nguyen</i>	5:30-6:30 YS * Power Vinyasa (Heated) <i>Warren Lange</i>	6:45-7:30 YS * Sound Meditation <i>Erica Nguyen</i>	3:30-4:15 YS * Sonic Meditation <i>Mary Hayano</i>	
7:30-8:15 YS * Slow Flow Yoga <i>MG Brills</i>	6:00-7:00 YS * Power Vinyasa (Heated) <i>Kiley Holliday</i>	6:00-7:00 YS * Power Vinyasa (Heated) <i>Kiley Holliday</i>	6:00-7:00 YS * Power Vinyasa (Heated) <i>Kiley Holliday</i>	7:30-8:15 YS * Power Vinyasa (Heated) <i>Rachel Soon</i>	7:30-8:15 YS * Power Vinyasa (Heated) <i>Rachel Soon</i>	6:00-7:00 YS * Vinyasa Yoga (Heated) <i>Chris Tilley</i>	6:00-7:00 YS * Vinyasa Yoga (Heated) <i>Chris Tilley</i>						
	6:30-7:15 MS * Cardio Dance <i>Kenny Walter</i>	6:30-7:15 MS * Cardio Dance <i>Kenny Walter</i>	6:30-7:15 MS * Cardio Dance <i>Kenny Walter</i>			6:30-7:15 MS * Cardio Dance <i>Alice Ramshaw</i>	6:30-7:15 MS * Cardio Dance <i>Alice Ramshaw</i>						
	7:15-8:15 YS * Sculpted Yoga™ (Heated) <i>Kate Wiles</i>	7:15-8:15 YS * Sculpted Yoga™ (Heated) <i>Kate Wiles</i>	7:15-8:15 YS * Sculpted Yoga™ (Heated) <i>Kate Wiles</i>			7:15-8:00 YS * Yin Yoga (Heated) <i>Steven Rogers</i>	7:15-8:00 YS * Yin Yoga (Heated) <i>Steven Rogers</i>						
	7:30-8:15 MS * Stronger <i>Mark Protacio</i>	7:30-8:15 MS * Stronger <i>Mark Protacio</i>	7:30-8:15 MS * Stronger <i>Mark Protacio</i>										

EQUINOX

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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

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.



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.



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.

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.



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.

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.

True Barre: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

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.

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.



Sculpt

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.



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.