EQUINOX

BEALE STREET

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

7:15-8:00 MS *	**MetCon Monday** ***Rich Velazquez***
12:00-12:45 YS *	Barefoot Sculpt: The Ring *Kate Wiles*
12:15-1:00 RG *	The Rig: Circuit *Jai Mac Neil*
4:00-4:45 MS *	**Athletic Conditioning** ***Mark Protacio***
4:00-4:45 YS *	Power Vinyasa *Mariah Kei*
5:00-5:45 MS *	Best Butt Ever *Rich Morris*
5:00-5:45 YS *	True Barre *Melissa Boyd*
5:15-6:00 TR *	Precision Run® *Garrett Kale*
5:45-6:30 CS *	Beats Ride *Elaine Wang*
6:00-6:45 MS *	Studio Dance: Hip Hop *Natalie Padron*
6:00-7:00 YS *	Vinyasa Yoga (L2) *Cecily Guest*
7:15-8:00 YS *	Pilates Fusion *Mary Hayano*

TUESDAY

7:15-8:00 MS *	Stronger *Matthew Modleski*
7:15-8:00 YS *	Barefoot Sculpt: The Ring *Jordanna Dworkin*
11:45-12:30 CS *	Beats Ride *Matthew Modleski*
12:30-1:15 YS *	Pilates Fusion *Jordanna Dworkin*
4:00-4:45 YS *	Pilates at the Barre *Kate Wiles*
4:15-5:00 MS *	Body Sculpt *Alice Ramshaw*
5:00-6:00 YS *	Vinyasa Yoga *Rachel Soon*
5:15-6:05 MS *	Stronger *Mark Protacio*
5:30-6:15 CS *	Beats Ride *Kelsey Pfeffer*
6:15-7:00 MS *	MetCon3 *Hector Rosales*
6:15-7:00 YS *	Pilates Fusion *Precious Moreno*
7:30-8:15 MS *	Rounds: Kickboxing *Rick Garcia*

WEDNESDAY

7:15-8:00 CS *	Beats Ride *Willy Kellogg*
7:15-8:00 YS *	Pilates Fusion *Gina Soberanis*
12:00-12:50 YS *	Power Vinyasa *Kiley Holliday*
12:15-1:00 MS *	Stronger *Steph Vu*
4:00-4:45 MS *	Leg Day *Kate Wiles*
4:00-4:45 YS *	Yin Yoga *Warren Lange*
5:00-5:45 MS *	Core6 *Lauren Settembrino*
5:00-5:45 YS *	Pilates Fusion *Gina Soberanis*
5:45-6:30 CS *	Beats Ride *Willy Kellogg*
6:00-6:45 MS *	Cardio Dance *Natalie Padron*
6:00-6:45 YS *	Vinyasa Yoga *Mary Hayano*
7:00-7:45 YS *	Sonic Meditation *Mary Hayano*

THURSDAY

7:15-8:00 MS *	Leg Day *Lauren Settembrino*
7:15-8:00 YS *	Pilates at the Barre *Kate Wiles*
11:45-12:30 TR *	Precision Walk: Elevate *Steph Vu*
12:30-1:15 YS *	Pilates Rise *Precious Moreno*
4:00-4:45 YS *	**Barefoot Sculpt** ***Steph Vu***
4:15-5:00 MS *	Athletic Conditioning *Evan Chasan*
5:00-6:00 YS *	Vinyasa Yoga *Usha Moss*
5:15-6:00 MS *	Stronger *Steph Vu*
5:30-6:15 CS *	THEME RIDE: *Trevor Yip*
6:15-7:15 YS *	Sculpted Yoga™ *Melinda Soldan*
7:30-8:15 MS *	Rounds: Boxing *Rick Garcia*

FRIDAY

7:30-8:15 YS *	**Athletic Stretch** ***Steph Vu***
12:00-1:00 YS *	Vinyasa Yoga *Warren Lange*
4:00-4:45 YS *	Pilates at the Barre *Kate Wiles*
4:15-5:00 MS *	Rounds: Boxing *Rick Garcia*
5:00-6:00 YS *	Weekend Wind Down Yoga *Cecily Guest*
5:15-6:00 MS *	Stacked *Lauren Settembrino*

SATURDAY

9:00-9:45 YS *	Pilates Fusion *Kiana Moody*
9:30-10:20 MS *	Stronger *Mark Protacio*
10:30-11:30 YS *	Vinyasa Yoga *Warren Lange*

SUNDAY

9:00-9:45 TR *	**Precision Run®** ***Rich Velazquez***
10:00-10:45 MS *	MetCon3 *Rich Velazquez*
11:00-12:00 YS *	Power Vinyasa *Melinda Soldan*

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

EQUINOX

BEALE STREET

320 Mission Street

SAN FRANCISCO CA 94105

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 08:00 AM 04:00 PM

GROUP FITNESS MANAGER

steph.vu@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

RG The Rig

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.
THEME RIDE: A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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.
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.

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 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.

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.

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.
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.
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.
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.
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.
The Rig: Circuit A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.

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.
Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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.

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.