EQUINOX

NEWPORT BEACH

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

6:00-6:45 CS *	Beats Ride *Michael Gilbert*
8:00-8:45 YS *	Pilates Fusion *Rachele Marsh*
9:00-9:15 MS *	Upper Body Pump *William Bui*
9:00-10:00 YS *	Vinyasa Yoga *James Afshar*
9:15-9:45 MS *	Best Butt Ever *William Bui*
9:45-10:00 MS *	Best Abs Ever *William Bui*
10:15-11:00 YS *	Athletic Stretch *Jenna Rupert*
11:00-11:45 MS *	Cardio Dance *Shannon Ward*
12:15-1:15 YS *	Vinyasa Yoga *Hannah Simmons*
4:45-5:30 YS *	Pilates at the Barre *Norma Shechtman*
5:30-6:15 CS *	Beats Ride *Michael Gilbert*
6:00-7:00 YS *	Vinyasa Yoga *Aremae Acal*
6:15-7:00 MS *	Stronger *Kayley Watson*

TUESDAY

5:45-6:35 TR *	Precision Run® *Emily Stubler*
6:45-7:15 MS *	Upper Body Pump *Emily Stubler*
7:15-7:30 MS *	Best Abs Ever *Emily Stubler*
8:00-8:45 YS *	**Barefoot Sculpt: The Ring** ***Seda Balci***
9:00-9:45 CS *	Beats Ride *Seda Balci*
9:45-10:30 YS *	Pilates at the Barre *Wende Lichon*
10:45-11:30 MS *	**Stronger** ***Sierra Retrosi***
12:00-12:45 MS *	Athletic Conditioning *Team Equinox*
12:15-1:15 YS *	Vinyasa Yoga *Wende Lichon*
5:30-6:15 MS *	Leg Day *Sheryl Emery*
5:30-6:15 YS *	Pilates Fusion *Nicki Sotoodeh*
6:30-7:15 YS *	Sound Meditation *Linh James*

WEDNESDAY

6:00-6:45 CS *	Beats Ride *Michael Gilbert*
6:45-7:30 MS *	Core6 *Kisha Maher*
8:00-8:45 YS *	**True Barre** ***Laura Hanlon***
9:00-10:00 YS *	Vinyasa Yoga *Brynn Rybacek Yniguez*
9:30-10:15 MS *	Athletic Conditioning *Kimball Theoret*
10:15-11:00 MS *	Best Stretch Ever *Kimball Theoret*
10:30-11:20 YS *	Pilates Fusion *Rachele Marsh*
12:15-1:15 YS *	Vinyasa Yoga *Sierra Retrosi*
4:45-5:30 YS *	True Barre *Kelly Hesp*
5:30-6:15 CS *	Beats Ride *Michael Gilbert*
6:00-7:00 YS *	Vinyasa Yoga *James Afshar*
6:15-7:00 MS *	Stronger *Emily Stubler*

THURSDAY

5:45-6:35 TR *	Precision Run® *Brett Kamin*
6:45-7:30 MS *	Stronger *Brett Kamin*
8:00-8:45 YS *	Barefoot Sculpt: The Ring *Seda Balci*
9:00-9:45 CS *	Beats Ride *Michael Gilbert*
9:45-10:30 YS *	Athletic Stretch *Rachele Marsh*
10:45-11:30 YS *	True Barre: Bala Bangle *Wende Lichon*
12:00-12:45 MS *	Tabata Max *Kimball Theoret*
12:15-1:15 YS *	Vinyasa Yoga *Wende Lichon*
5:30-6:15 CS *	Beats Ride *Michael Gilbert*
5:30-6:15 YS *	Pilates Mat *Laura Hanlon*
6:30-7:15 YS *	Best Stretch Ever *Hannah Simmons*

FRIDAY

7:00-7:45 MS *	Athletic Conditioning *Kisha Maher*
8:00-8:45 YS *	Barefoot Sculpt: The Ring *Kisha Maher*
8:45-9:30 TR *	Precision Walk: Elevate *Rachel Neal*
9:00-10:00 YS *	Vinyasa Yoga *Wende Lichon*
9:30-10:15 MS *	Cardio Dance *Shannon Ward*
10:30-11:20 YS *	Pilates Rise *Natalie Makardish*
10:45-11:35 MS *	Stronger *William Bui*
12:15-1:15 YS *	Vinyasa Yoga *Hannah Simmons*
5:30-6:15 YS *	Sonic Meditation *Grace Gangitano*

SATURDAY

8:00-8:45 CS *	Beats Ride *Seda Balci*
8:00-8:45 YS *	True Barre: Bala Bangle *Kisha Maher*
9:00-9:30 MS *	Upper Body Pump *Seda Balci*
9:00-10:00 YS *	Vinyasa Yoga *Team Equinox*
9:30-9:45 MS *	Best Abs Ever *Seda Balci*
9:45-10:15 MS *	Best Butt Ever *Seda Balci*
10:30-11:20 YS *	Barefoot Sculpt *Hannah Simmons*
11:30-12:15 YS *	Best Stretch Ever *Hannah Simmons*
12:30-1:15 YS *	**Pilates Fusion** ***Natalie Makardish***

SUNDAY

8:00-8:45 CS *	Beats Ride *Michael Gilbert*
8:00-8:45 YS *	Pilates Fusion *Kisha Maher*
9:00-9:45 MS *	Athletic Conditioning *Kisha Maher*
9:45-10:45 YS *	Vinyasa Yoga *Aremae Acal*
11:00-11:45 YS *	Barefoot Sculpt *Kayley Watson*
12:00-12:45 YS *	Headstrong Reset Meditation *Sierra Retrosi*

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

EQUINOX

NEWPORT BEACH

19540 Jamboree Road

IRVINE CA 92612

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 05:00 PM

GROUP FITNESS MANAGER

seda.balci@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

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.

Yoga

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.

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.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

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.

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.

Headstrong Reset Meditation An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. An Equinox exclusive.

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.

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.

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.

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.

Strength

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.

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.