

EQUNOX

NEWPORT BEACH

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 Beats Ride CS * <i>Michael Gilbert</i>	5:45-6:35 Precision Run + Strength TR * <i>Emily Stubler</i>	6:00-6:45 Beats Ride CS * <i>Michael Gilbert</i>	5:45-6:35 Precision Run® TR * <i>Brett Kamin</i>	7:00-7:45 Pilates at the Barre YS * <i>Rachele Marsh</i>	8:00-8:45 Beats Ride CS * <i>Seda Balci</i>	8:00-8:45 Beats Ride CS * <i>Michael Gilbert</i>
7:00-7:45 True Barre: Bala Bangle YS * <i>Mathew Makings</i>	6:45-7:15 Upper Body Pump MS * <i>Emily Stubler</i>	6:45-7:30 Core6 MS * <i>Sheryl Emery</i>	6:45-7:30 Athletic Conditioning MS * <i>Brett Kamin</i>	8:00-8:45 Barefoot Sculpt YS * <i>Kisha Maher</i>	8:00-8:45 True Barre: Bala Bangle YS * <i>Kisha Maher</i>	8:00-8:45 Pilates Fusion YS * <i>Kisha Maher</i>
8:00-8:45 Pilates Fusion YS * <i>Rachele Marsh</i>	7:15-7:30 Best Abs Ever MS * <i>Emily Stubler</i>	8:00-8:45 Barefoot Sculpt YS * <i>Mathew Makings</i>	8:00-8:45 Pilates at the Barre YS * <i>Lindsey Treadwell</i>	8:45-9:30 Precision Walk: Elevate TR * <i>Rachel Neal</i>	9:00-9:30 Upper Body Pump MS * <i>Seda Balci</i>	9:00-9:45 Athletic Conditioning MS * <i>Kisha Maher</i>
8:30-9:15 Beats Ride CS * <i>Michael Gilbert</i>	8:00-8:45 Barefoot Sculpt YS * <i>Rachel Neal</i>	9:00-10:00 Vinyasa Yoga YS * <i>Brynn Rybacek Yniguez</i>	8:15-9:00 Athletic Stretch MS * <i>Kisha Maher</i>	9:00-10:00 Vinyasa Yoga YS * <i>Wende Lichon</i>	9:00-10:00 Vinyasa Yoga YS * <i>Luciana Freire</i>	9:45-10:45 Vinyasa Yoga YS * <i>Arenae Acal</i>
9:00-10:00 Vinyasa Yoga YS * <i>James Afshar</i>	9:00-9:45 Beats Ride CS * <i>Seda Balci</i>	9:30-10:15 Athletic Conditioning MS * <i>Kimball Theoret</i>	9:00-9:45 Beats Ride CS * <i>Michael Gilbert</i>	9:30-10:15 Cardio Dance MS * <i>Shannon Ward</i>	9:30-10:00 Best Butt Ever MS * <i>Seda Balci</i>	11:00-11:45 Barefoot Sculpt YS * <i>Rachel King</i>
9:30-9:45 Upper Body Pump MS * <i>William Bui</i>	9:45-10:30 Pilates at the Barre YS * <i>Kimball Theoret</i>	10:15-11:00 Best Stretch Ever MS * <i>Kimball Theoret</i>	10:00-10:45 Core6 MS * <i>Seda Balci</i>	10:30-11:20 Pilates Rise YS * <i>Natalie Makardish</i>	10:00-10:15 Best Abs Ever MS * <i>Seda Balci</i>	
9:45-10:15 Best Butt Ever MS * <i>William Bui</i>	10:30-11:15 Core6 MS * <i>William Bui</i>	10:30-11:20 Pilates Fusion YS * <i>Rachele Marsh</i>	10:45-11:15 True Barre: Bala Bangle YS * <i>Wende Lichon</i>	10:45-11:35 Stronger MS * <i>William Bui</i>	10:30-11:20 Barefoot Sculpt YS * <i>Hannah Simmons</i>	
10:15-10:30 Best Abs Ever MS * <i>William Bui</i>						
11:00-11:45 Cardio Dance MS * <i>Shannon Ward</i>	11:30-12:15 Precision Walk: Elevate TR * <i>William Bui</i>	12:00-12:50 Precision Run + Strength TR * <i>Kimball Theoret</i>	12:00-12:45 Tabata Max MS * <i>Kimball Theoret</i>	11:45-12:15 Precision Run 30 TR * <i>William Bui</i>	11:30-12:15 Best Stretch Ever YS * <i>Hannah Simmons</i>	
12:00-12:45 Athletic Conditioning MS * <i>Kimball Theoret</i>	12:15-1:15 Vinyasa Yoga YS * <i>Wende Lichon</i>	12:30-1:15 Pilates at the Barre YS * <i>Dave Leong</i>	12:15-1:15 Vinyasa Yoga YS * <i>Wende Lichon</i>	12:15-1:15 Vinyasa Yoga YS * <i>Hannah Simmons</i>		
12:15-1:15 Vinyasa Yoga YS * <i>Hannah Simmons</i>						
4:45-5:30 Pilates at the Barre YS * <i>Norma Shechtman</i>	5:00-5:45 Athletic Conditioning MS * <i>Amy Lim</i>	4:45-5:30 True Barre YS * <i>Kelly Hesp</i>	5:30-6:15 Beats Ride CS * <i>Michael Gilbert</i>	5:30-6:15 Sonic Meditation YS * <i>Grace Gangitano</i>		
6:00-7:00 Vinyasa Yoga YS * <i>Luciana Freire</i>	5:30-6:15 True Barre: Bala Bangle YS * <i>Lindsey Treadwell</i>	5:30-6:15 Beats Ride CS * <i>Michael Gilbert</i>	5:30-6:15 Pilates Mat YS * <i>Rachel King</i>			
6:15-7:00 Athletic Conditioning MS * <i>Team Equinox</i>	6:30-7:15 Sound Meditation YS * <i>Linh James</i>	6:00-7:00 Vinyasa Yoga YS * <i>James Afshar</i>	6:30-7:15 Best Stretch Ever YS * <i>Hannah Simmons</i>			
		6:15-7:00 Rounds: Boxing MS * <i>Sheryl Emery</i>				

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

EQUNOX

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.

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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.

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 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.

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.

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: 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.

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 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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.