

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

EQUINOX

NEWPORT BEACH

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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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



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.

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.

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

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.

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.