EQUINOX

SPORTS CLUB ORANGE COUNTY

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

6:15-7:00 MS *	**360 Strength** ***Brett Kamin***
8:30-9:20 YS *	True Barre *Joan Wenson*
9:30-10:15 MS *	Body Sculpt *Rachel Neal*
9:30-10:20 TR *	Precision Walk: Elevate *Norma Shechtman*
10:30-11:30 YS *	Pilates Fusion *Norma Shechtman*
11:00-11:45 MS *	Cardio Dance *Natalie Makardish*
12:00-1:00 YS *	Vinyasa Yoga *Natalie Makardish*
12:15-1:00 MS *	MetCon Monday *William Bui*
5:00-5:45 YS *	Pilates Fusion *Wende Lichon*
5:30-6:15 MS *	Tabata Max *Anthony Fernandez*
5:30-6:20 TR *	Precision Run® *Kimball Theoret*
6:00-6:50 RD *	TRX Max *Joan Wenson*
6:00-7:00 YS *	Vinyasa Yoga *James Afshar*
6:30-7:15 CS *	Beats Ride *Jenna Rupert*
6:30-7:20 MS *	Stronger *Kimball Theoret*
7:30-8:15 MS *	Studio Dance: Hip Hop *Rucky McKinley*

TUESDAY

6:00-6:45 RS *	**Indoor Rowing** ***Beth Chilcott***
6:15-7:15 PD *	Swim: Skills + Drills *Doug Tabbert*
8:45-9:30 YS *	Barefoot Sculpt: The Ring *Rachel Neal*
9:30-10:20 CS *	Precision Ride *Tammy Smith*
9:30-10:15 MS *	Athletic Conditioning *Brooke Handleson*
10:30-11:00 MS *	Cardio Sculpt *Shannon Ward*
10:30-11:30 YS *	Roll and Release *Doris Thews*
11:15-12:00 MS *	Cardio Dance *Shannon Ward*
12:00-12:50 YS *	True Barre: Off the Barre *Hannah Simmons*
12:15-1:00 MS *	Athletic Conditioning *Rachel Neal*
4:45-5:45 YS *	Power Vinyasa *James Afshar*
5:30-6:15 MS *	Athletic Conditioning *Jason Hardy*
5:45-6:30 TR *	Precision Walk: Elevate *Norma Shechtman*
6:00-6:45 YS *	True Barre: Bala Bangle *Kelly Hesp*
6:30-7:15 MS *	Best Butt Ever *Jason Hardy*
7:00-7:45 YS *	Athletic Stretch *Norma Shechtman*

WEDNESDAY

6:15-7:00 TR *	**Precision Run®** ***Sheryl Emery***
7:00-7:50 YS *	**Power Vinyasa** ***Sierra Retrosi***
8:30-9:15 MS *	Cardio Sculpt *Joan Wenson*
9:30-10:15 MS *	Best Butt Ever *Kisha Maher*
10:15-11:00 YS *	True Barre: Bala Bangle *Wende Lichon*
11:15-12:15 YS *	Best Stretch Ever *Joan Wenson*
12:15-1:00 MS *	Ropes and Rowers *Kimball Theoret*
4:45-5:15 MS *	Upper Body Pump *Rachel Neal*
5:00-5:45 YS *	Pilates Fusion *Norma Shechtman*
5:30-6:20 MS *	Leg Day *Rachel Neal*
5:30-6:20 TR *	Precision Run® *Kimball Theoret*
6:00-6:50 RD *	TRX Max *Joan Wenson*
6:00-7:00 YS *	Vinyasa Yoga *Paul DaSilva*
6:30-7:15 CS *	Beats Ride *Jenna Rupert*
6:30-7:00 MS *	Best Abs Ever *Kimball Theoret*
7:15-8:00 MS *	Studio Dance: Hip Hop *Rucky McKinley*
7:15-8:00 YS *	Headstrong Reset Meditation *Sierra Retrosi*

THURSDAY

6:00-6:45 RS *	**Indoor Rowing** ***Beth Chilcott***
6:15-7:15 PD *	Swim: Pro *Lexie Kelly*
8:45-9:30 YS *	Pilates Fusion *Laura Hanlon*
9:30-10:20 CS *	Precision Ride *Tammy Smith*
9:30-10:15 MS *	Stacked *Kimball Theoret*
10:30-11:00 MS *	Cardio Sculpt *Shannon Ward*
10:30-11:30 YS *	Vinyasa Yoga *Brynn Rybacek Yniguez*
11:15-12:00 MS *	Cardio Dance *Shannon Ward*
12:00-12:50 YS *	True Barre: Off the Barre *Laura Hanlon*
12:15-1:00 MS *	Athletic Conditioning *Lisa Kinder*
5:00-5:45 YS *	Pilates at the Barre *Norma Shechtman*
5:30-6:20 CS *	Precision Ride *Kimball Theoret*
5:30-6:15 MS *	Athletic Conditioning *Lisa Kinder*
5:45-6:30 PD *	Swim: Pro *Mike Alexandrov*
6:00-6:45 YS *	Barefoot Sculpt: The Ring *Nina Raab*
6:45-7:15 YS *	Sound Meditation *Nina Raab*

FRIDAY

6:15-7:00 MS *	**Athletic Conditioning** ***Amy Lim***
7:00-7:50 YS *	**Sunrise Vinyasa Yoga** ***Sierra Retrosi***
9:30-10:15 MS *	Athletic Conditioning *William Bui*
9:30-10:20 TR *	Precision Walk: Elevate *Norma Shechtman*
10:30-11:20 YS *	Pilates Fusion *Norma Shechtman*
11:00-11:45 MS *	Cardio Dance *Shannon Ward*
11:20-11:50 YS *	Athletic Stretch *Norma Shechtman*
12:00-1:00 YS *	Vinyasa Yoga *Natalie Makardish*
4:30-5:15 YS *	Pilates Fusion *Gina Ianni*
5:30-6:30 YS *	Vinyasa Yoga *James Afshar*

SATURDAY

8:00-8:45 RS *	Indoor Rowing *Beth Chilcott*
8:00-8:45 YS *	Pilates Fusion *Joan Wenson*
9:00-9:50 MS *	Stronger *William Bui*
9:00-10:00 YS *	True Barre: Off the Barre *Joan Wenson*
9:15-10:00 CS *	Beats Ride *Amy Lim*
10:00-10:45 MS *	Athletic Conditioning *Kimball Theoret*
10:30-11:30 YS *	Vinyasa Yoga *Paul DaSilva*
11:00-11:45 MS *	Cardio Dance *Emily McKinney*
11:00-11:50 TR *	Precision Run® *Kimball Theoret*
12:00-12:45 MS *	**Rounds: Boxing** ***Rucky McKinley***
12:00-1:15 YS *	Restorative Yoga *James Afshar*

SUNDAY

8:15-9:00 CS *	Precision Ride *Beth Chilcott*
9:15-10:00 YS *	True Barre: Bala Bangle *Wende Lichon*
10:00-10:45 MS *	Tabata Max *Kimball Theoret*
10:00-10:45 PD *	Swim: Skills + Drills *Mike Alexandrov*
10:15-11:15 YS *	Vinyasa Yoga *Wende Lichon*
11:00-11:45 RS *	Indoor Rowing *Kimball Theoret*
11:30-12:15 YS *	Pilates Fusion *Wende Lichon*
4:30-5:30 YS *	Yin Yoga + Sound Meditation *Kimya Asad*

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

EQUINOX

SPORTS CLUB ORANGE COUNTY

1980 Main Street

IRVINE CA 92614

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 11:00 PM

FRI 05:00 AM 10:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

rachel.neal@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

RS Rowing Studio

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

RD Roof Deck

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.

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.
Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.
Roll and Release A regenerative and experiential class using Yoga Tune Up balls to massage tired, sore, or achy muscles. Release muscle and fascial tension to improve your mobility and movement patterns. Walk out feeling better aligned and more relaxed.
Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.
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.
Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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: Off the Barre This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. 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.
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.

Swim

Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.
Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

Sculpt

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.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

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.
Indoor Rowing A team-based workout held in a stand-alone rowing studio. This low impact yet high intensity workout gets you big results. Increase your endurance while you gain total body strength and build power.
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.
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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.
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.

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 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.

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 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.
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.

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 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.