EQUINOX

**HUNTINGTON 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

| | | |
|---|---|---|
| 5:45-6:30 | MS * | 360 Strength<br>*Emily Stubler* |
| 6:00-6:45 | YS * | True Barre: Bala Bangle<br>*Rachele Marsh* |
| 8:30-9:00 | MS * | Best Abs Ever<br>*Chrys Landeros* |
| 8:30-9:30 | YS * | Power Vinyasa<br>*Paige Johnston* |
| 9:00-9:45 | MS * | Body Sculpt<br>*Chrys Landeros* |
| 10:00-10:45 | MS * | Stronger<br>*Tracey Brenneise* |
| 10:00-10:45 | YS * | Pilates at the Barre<br>*Rachele Marsh* |
| 11:00-11:50 | YS * | Pilates Fusion<br>*Rachele Marsh* |
| 3:45-4:45 | YS * | Yin Yoga + Sound Meditation<br>*Darren Obong* |
| 4:30-5:15 | MS * | Body Sculpt<br>*Rucky McKinley* |
| 5:15-6:00 | YS * | Pilates Fusion<br>*Nicki Sotoodeh* |
| 5:30-6:15 | MS * | Cardio Dance<br>*Rucky McKinley* |
| 6:30-7:15 | MS * | Stronger<br>*William Bui* |
| 6:30-7:30 | YS * | Vinyasa Yoga<br>*Amanda Walter* |

## TUESDAY

| | | |
|---|---|---|
| 5:45-6:30 | MS * | Athletic Conditioning<br>*Brett Kamin* |
| 6:30-7:20 | YS * | Sunrise Vinyasa Yoga<br>*Sierra Retrosi* |
| 6:50-7:20 | TR * | Precision Walk: Elevate 30<br>*Brett Kamin* |
| 8:00-8:45 | YS * | Pilates Mat<br>*Laura Hanlon* |
| 8:30-9:15 | MS * | Body Sculpt<br>*Rucky McKinley* |
| 9:00-9:45 | YS * | True Barre: Cardio<br>*Rachele Marsh* |
| 9:30-10:15 | MS * | Rounds: Boxing<br>*Rucky McKinley* |
| 10:00-10:45 | YS * | Barefoot Sculpt: The Ring<br>*Chrys Landeros* |
| 11:00-11:45 | CS * | Cycle + Core<br>*Chrys Landeros* |
| 11:00-12:00 | YS * | Vinyasa Yoga<br>*Heidi Blackstock* |
| 12:00-12:45 | MS * | Kettlebell Power<br>*Jonathan Celis* |
| 4:30-5:15 | MS * | Stronger<br>*Tracey Brenneise* |
| 5:00-5:45 | YS * | Pilates Fusion<br>*Marley Crouch* |
| 5:30-6:15 | CS * | Beats Ride<br>*Tracey Brenneise* |
| 5:30-6:00 | TR * | Precision Run 30<br>*William Bui* |
| 6:30-7:00 | MS * | Quick HIIT<br>*William Bui* |
| 6:30-7:30 | YS * | Vinyasa Yoga<br>*Lin Salas* |
| 7:00-7:30 | MS * | Best Abs Ever<br>*William Bui* |

## WEDNESDAY

| | | |
|---|---|---|
| 5:45-6:30 | MS * | Stronger<br>*Sierra Retrosi* |
| 6:00-6:45 | YS * | Barefoot Sculpt: The Ring<br>*Tracey Brenneise* |
| 7:00-7:30 | CS * | Beats Ride 30<br>*Tracey Brenneise* |
| 8:30-9:00 | MS * | Upper Body Pump<br>*Chrys Landeros* |
| 8:30-9:30 | YS * | Vinyasa Yoga<br>*James Afshar* |
| 9:00-9:45 | MS * | Leg Day<br>*Chrys Landeros* |
| 10:00-10:45 | MS * | **Athletic Conditioning**<br>***Sam Lee Herring*** |
| 10:00-10:45 | YS * | True Barre<br>*Laura Hanlon* |
| 11:00-11:45 | YS * | Pilates Mat<br>*Meghan Swafford* |
| 11:30-12:00 | MS * | Cardio Sculpt<br>*Shannon Ward* |
| 12:00-12:45 | MS * | Cardio Dance<br>*Shannon Ward* |
| 3:45-4:45 | YS * | Yin Yoga + Sound Meditation<br>*Sierra Retrosi* |
| 4:30-5:15 | MS * | Athletic Conditioning<br>*William Bui* |
| 5:00-5:45 | YS * | Barefoot Sculpt: The Ring<br>*Rachele Marsh* |
| 6:00-7:00 | YS * | Power Vinyasa<br>*Paige Johnston* |
| 6:30-7:15 | MS * | Leg Day<br>*Sheryl Emery* |
| 7:15-8:00 | YS * | Sonic Meditation<br>*Grace Gangitano* |

## THURSDAY

| | | |
|---|---|---|
| 5:45-6:30 | MS * | Athletic Conditioning<br>*Emily Stubler* |
| 6:30-7:20 | YS * | Sunrise Vinyasa Yoga<br>*Joe Laubach* |
| 6:50-7:20 | TR * | Precision Run 30<br>*Emily Stubler* |
| 8:30-9:15 | MS * | Stronger<br>*Sierra Retrosi* |
| 9:00-9:45 | YS * | Pilates Fusion<br>*Kisha Maher* |
| 9:30-10:15 | MS * | MetCon3<br>*William Bui* |
| 10:00-10:45 | YS * | True Barre: Bala Bangle<br>*Chrys Landeros* |
| 11:00-12:00 | YS * | Power Vinyasa<br>*Sierra Retrosi* |
| 12:00-12:45 | MS * | Kettlebell Power<br>*Jonathan Celis* |
| 4:30-5:15 | MS * | Body Sculpt<br>*Rucky McKinley* |
| 5:15-6:00 | YS * | True Barre<br>*Marley Crouch* |
| 5:30-6:15 | CS * | Beats Ride<br>*Pacey Hansen* |
| 5:30-6:15 | MS * | Cardio Dance<br>*Rucky McKinley* |
| 6:30-7:00 | MS * | Upper Body Pump<br>*Sierra Retrosi* |
| 6:30-7:30 | YS * | Vinyasa Yoga<br>*Heidi Blackstock* |
| 7:00-7:30 | MS * | Core6 Express<br>*Sierra Retrosi* |

## FRIDAY

| | | |
|---|---|---|
| 6:00-6:45 | YS * | Barefoot Sculpt<br>*Rachel Neal* |
| 7:00-7:30 | CS * | Beats Ride 30<br>*Rachel Neal* |
| 8:30-9:15 | MS * | Core6<br>*Meghan Swafford* |
| 8:30-9:30 | YS * | Power Vinyasa<br>*James Afshar* |
| 9:30-10:15 | MS * | Tabata Max<br>*Kimball Theoret* |
| 10:00-10:45 | YS * | Barefoot Sculpt: The Ring<br>*Hannah Simmons* |
| 10:30-11:15 | MS * | Best Stretch Ever<br>*Kimball Theoret* |
| 11:00-11:50 | YS * | Pilates Fusion<br>*Rachele Marsh* |
| 4:30-5:00 | MS * | Quick HIIT<br>*William Bui* |
| 5:00-5:30 | MS * | Best Abs Ever<br>*William Bui* |
| 5:30-6:30 | YS * | Vinyasa Yoga<br>*Sierra Retrosi* |

## SATURDAY

| | | |
|---|---|---|
| 7:30-8:20 | YS * | Vinyasa Yoga<br>*Sierra Retrosi* |
| 8:30-9:15 | CS * | Beats Ride<br>*Sierra Retrosi* |
| 9:00-9:45 | MS * | Body Sculpt<br>*Sheryl Emery* |
| 9:00-10:15 | YS * | Vinyasa Yoga<br>*Natalie Makardish* |
| 9:30-10:15 | CS * | Cycle + Core<br>*Chrys Landeros* |
| 10:30-11:15 | MS * | Athletic Conditioning<br>*William Bui* |
| 10:30-11:15 | YS * | Pilates Fusion<br>*Natalie Makardish* |
| 11:30-12:15 | MS * | Cardio Dance<br>*Dylan Caberto* |
| 11:30-12:00 | TR * | Precision Run 30<br>*William Bui* |
| 11:30-12:30 | YS * | Power Vinyasa<br>*Joe Laubach* |
| 12:45-2:00 | YS * | Yin Yoga + Sound Meditation<br>*Sierra Retrosi* |

## SUNDAY

| | | |
|---|---|---|
| 8:30-9:30 | YS * | Vinyasa Yoga<br>*Sierra Retrosi* |
| 9:00-9:45 | MS * | Stronger<br>*Tracey Brenneise* |
| 9:45-10:30 | YS * | True Barre<br>*Kelly Hesp* |
| 10:00-10:45 | CS * | Beats Ride<br>*Tracey Brenneise* |
| 10:30-11:15 | MS * | 360 Strength<br>*Sierra Retrosi* |
| 11:00-12:00 | YS * | Vinyasa Yoga<br>*Lin Salas* |
| 12:30-1:30 | YS * | Sound Meditation<br>*Grace Gangitano* |
| 2:00-3:00 | YS * | Weekend Wind Down Yoga<br>*Paul DaSilva* |

EQUINOX

**HUNTINGTON BEACH**

21010 Pacific Coast Highway, Suite A105

HUNTINGTON BEACH CA 92648

EQUINOX.COM

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**MON-THU** 05:00 AM 09:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 06:00 PM

**Kids**

**MON-SAT** 08:00 AM 12:00 PM

**GROUP FITNESS MANAGER**

chrys.landeros@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.
**Beats Ride 30** Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.
**Cycle + Core** A rhythmic cycling class incorporating a challenging six-pack of core exercises. Build cardio then define abdominal muscles. Exclusively at Equinox Huntington Beach.

## 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.
**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.
**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 + 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: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

## 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.
**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 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 Walk: Elevate 30** A 30-minute 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.
**Core6 Express** Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. Build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.
**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.
**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.
**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

## 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 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

**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.

## 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.
**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.