EQUINOX **LA COSTA**

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 MS * — MetCon Monday — *Emily Safii*
6:30-7:30 YS * — Power Vinyasa (Heated) — *Merida Van Tyne*
7:15-8:05 BA * — Pilates Fusion — *Dani Parker*
8:00-8:45 RF * — Pilates Reform (Premium) — *Carrie Davis*
8:15-9:00 MS * — MetCon Monday — *Kristin Granillo*
8:30-9:15 BA * — Barefoot Sculpt: The Ring — *Daniela Evseev*
9:00-9:45 RF * — Pilates Reform (Premium) — *Carrie Davis*
9:00-9:50 TR * — Precision Walk: Elevate — *Ashley Erickson*
9:15-10:05 MS * — Best Butt Ever — *Kristin Granillo*
9:30-10:15 CS * — Beats Ride — *Daniela Evseev*
10:15-11:15 YS * — Athletic Stretch — *Dre Santana*
10:45-11:35 BA * — Pilates at the Barre — *France-Marie Stiewel*

11:45-12:30 MS * — Stronger — *Trace Faubel*
12:00-1:00 YS * — Vinyasa Yoga — *Taylor Jeanne*
12:15-1:00 RF * — Pilates Reform (Premium) — *Leah Dwin*
1:00-1:50 BA * — Pilates Fusion — *France-Marie Stiewel*

4:15-5:15 YS * — Yin Yoga — *Cynthia Roth*
4:30-5:20 BA * — True Barre: Bala Bangle — *Kristina Hagen*
4:30-5:15 MS * — MetCon Monday — *Monica McCall*
5:30-6:20 MS * — Body Sculpt — *Bree Mitchell*
5:45-6:30 BA * — Barefoot Sculpt — *Caitlin Lancon*
6:00-7:00 YS * — Power Vinyasa (Heated) — *Kelli Russell*
6:30-7:45 MS * — Studio Dance: Smash Choreo — *Ashley Erickson*

TUESDAY

6:00-6:45 CS * — Beats Ride — *Jaimie Bailey*
6:30-7:15 BA * — Barefoot Sculpt: The Ring — *Lori Anderson*
7:15-8:00 MS * — **Stacked** — ***Alexa Lambarri***
8:00-8:45 RF * — Pilates Reform (Premium) — *Jennifer Ruiz*
8:30-9:15 MS * — **The Cut** — ***Alexa Lambarri***
8:45-9:35 BA * — True Barre — *Kristina Hagen*
9:00-10:00 YS * — Sculpted Yoga™ — *Lara Benusis*
9:30-10:15 MS * — Tabata Max — *Ashley Erickson*
10:30-11:30 YS * — Slow Flow Yoga — *Rebekka Mars*
11:00-11:50 BA * — Pilates Fusion — *Ashlee Cinco*

12:00-12:45 CS * — Beats Ride — *Ashley Erickson*
12:15-1:00 RF * — Pilates Reform (Premium) — *Ashlee Cinco*

4:00-5:00 YS * — Power Vinyasa — *Jake Ferree*
4:30-5:00 MS * — Upper Body Pump — *Trace Faubel*
5:00-5:50 BA * — Barefoot Sculpt — *Sue White*
5:00-5:30 MS * — Best Butt Ever — *Trace Faubel*
5:30-6:15 RF * — Pilates Reform (Premium) — *Ashlee Cinco*
5:45-6:30 MS * — **Stronger** — ***Trace Faubel***
6:15-7:05 BA * — Pilates Fusion — *Sue White*
7:00-8:00 YS * — **Yin Yoga** — ***Ashlyn Bugbee***

WEDNESDAY

6:00-6:45 MS * — Stronger — *Trace Faubel*
6:00-6:45 RF * — Pilates Reform (Premium) — *Carrie Davis*
6:30-7:30 YS * — Vinyasa Yoga (Heated) — *Danielle Johnston*
7:00-7:45 RF * — Pilates Reform (Premium) — *Carrie Davis*
7:15-8:05 BA * — **Pilates Fusion** — ***Jessica Janc***
8:00-8:45 CS * — Anthem Ride — *Trish Kilby*
8:30-9:15 BA * — **Barefoot Sculpt** — ***Alexandra Simon***
8:45-9:30 MS * — Stronger — *Alexa Lambarri*
9:00-9:45 RF * — Pilates Reform (Premium) — *Melanie Livesay*
9:30-10:20 BA * — Pilates Mat — *Ashlee Cinco*
9:45-10:30 MS * — Core6 — *Tiffany Newlin*
10:45-11:30 MS * — Rhythmic Sculpt — *Tiffany Newlin*

12:00-12:45 RF * — Pilates Reform (Premium) — *Ashlee Cinco*
12:00-1:00 YS * — Power Vinyasa — *Merida Van Tyne*
1:00-1:50 BA * — Pilates at the Barre — *Ashlee Cinco*
2:00-2:45 YS * — **Best Stretch Ever** — ***Dre Santana***

4:15-5:00 CS * — Beats Ride — *Monica McCall*
4:30-5:20 YS * — **Pilates Fusion (Heated)** — ***Lori Anderson***
5:30-6:00 MS * — **Leg Day** — ***Monica McCall***
5:30-6:15 RF * — Pilates Reform (Premium) — *Chloe Corpuz*
5:45-6:30 BA * — Barefoot Sculpt: The Ring — *Caitlin Lancon*
6:00-6:20 MS * — **Best Abs Ever** — ***Monica McCall***
6:00-7:00 YS * — Power Vinyasa — *Sue White*
6:30-7:45 MS * — Studio Dance: Smash Choreo — *Ashley Erickson*
7:30-8:15 YS * — Sound Meditation — *Sue White*

THURSDAY

6:00-6:45 CS * — Anthem Ride — *Trish Kilby*
6:30-7:15 BA * — **Barefoot Sculpt** — ***Rachel Yuter***
7:00-7:45 RF * — Pilates Reform (Premium) — *Ashlee Cinco*
7:00-8:00 YS * — **Power Vinyasa** — ***Lara Benusis***
8:00-8:45 RF * — Pilates Reform (Premium) — *Ashlee Cinco*
8:30-9:15 MS * — Body Sculpt — *Grace Recka*
8:45-9:35 BA * — Pilates at the Barre — *Lori Anderson*
9:00-10:00 YS * — **Sculpted Yoga™** — ***Alana Richey***
9:30-10:00 MS * — **Leg Day** — ***Grace Recka***
10:00-10:20 MS * — **Best Abs Ever** — ***Grace Recka***
10:30-11:30 YS * — Vinyasa Yoga — *Monique Saunders*

12:00-12:45 BA * — **Barefoot Sculpt** — ***Aarin Abel***
12:30-1:15 RF * — Pilates Reform (Premium) — *Melanie Livesay*

4:00-5:00 YS * — Power Vinyasa (Heated) — *Brooke Welty*
5:00-5:50 BA * — Pilates Fusion — *Jessica Janc*
5:30-6:15 MS * — Tabata Max — *Bree Mitchell*
5:30-6:15 RF * — Pilates Reform (Premium) — *Melanie Livesay*
7:00-8:00 YS * — Yin Yoga + Sound Meditation — *Taylor Jeanne*

FRIDAY

6:00-6:45 MS * — Pure Strength — *Danielle Johnston*
6:15-7:15 YS * — **Sculpted Yoga™** — ***Alana Richey***
7:00-7:45 RF * — Pilates Reform (Premium) — *Jennifer Ruiz*
7:15-8:00 MS * — **Core6** — ***Ashley Erickson***
8:00-8:30 CS * — Beats Ride 30 — *Ashley Erickson*
8:30-9:30 YS * — Vinyasa Yoga — *Rebekka Mars*
8:45-9:35 BA * — **Pilates Mat** — ***France-Marie Stiewel***
9:15-10:00 MS * — Circuit Training — *Tiffany Newlin*
9:30-10:15 CS * — Beats Ride — *Jaimie Bailey*
10:15-11:15 YS * — Vinyasa Yoga (Heated) — *Alexandra Simon*
10:30-11:30 MS * — Best Butt Ever — *Tiffany Newlin*
10:45-11:35 BA * — True Barre — *France-Marie Stiewel*

11:45-12:15 MS * — Upper Body Pump — *Tiffany Newlin*
12:00-12:50 BA * — **Pilates Fusion** — ***Alexandra Simon***
12:00-12:45 RF * — Pilates Reform (Premium) — *Ashlee Cinco*
1:00-2:00 YS * — Gentle Yoga — *Cynthia Roth*

4:30-5:15 BA * — **Barefoot Sculpt** — ***Aarin Abel***
6:00-7:00 YS * — Vinyasa Yoga (Heated) — *Monique Saunders*

SATURDAY

8:15-9:00 BA * — True Barre: Bala Bangle — *Rachel Yuter*
8:30-9:15 MS * — **MetCon3** — ***Alexa Lambarri***
9:00-9:45 RF * — Pilates Reform (Premium) — *Carrie Davis*
9:00-9:45 TR * — Precision Walk: Elevate — *Bree Mitchell*
9:00-10:00 YS * — Vinyasa Yoga — *Brooke Welty*
9:15-10:00 BA * — Pilates Fusion — *Rachel Yuter*
9:15-10:00 CS * — Beats Ride — *Daniela Evseev*
9:30-10:15 MS * — Stronger — *Trace Faubel*
10:15-11:05 BA * — Pilates Fusion — *Dani Parker*
10:30-11:20 MS * — TRX Max — *Trace Faubel*
10:45-11:45 YS * — **Power Vinyasa (Heated)** — ***Kelli Russell***

11:45-12:35 BA * — **Barefoot Sculpt: The Ring** — ***Dylan Rivers***
12:45-1:45 YS * — Weekend Wind Down Yoga — *Stacy McCarthy*
2:00-2:45 YS * — Sound Meditation — *Stacy McCarthy*

SUNDAY

8:15-9:05 CS * — Precision Ride — *Monica McCall*
8:30-9:15 MS * — Athletic Conditioning — *Kristin Granillo*
8:30-9:30 YS * — Yin Yoga + Sound Meditation — *Adrea Barros*
9:00-9:50 BA * — Barefoot Sculpt — *France-Marie Stiewel*
9:30-10:15 MS * — Best Butt Ever — *Monica McCall*
10:00-11:00 YS * — Vinyasa Yoga (Heated) — *Loren Yandoc*
10:15-11:05 BA * — True Barre: Bala Bangle — *France-Marie Stiewel*
10:30-11:15 MS * — Core6 — *Monica McCall*

11:30-12:30 MS * — Studio Dance: Smash Choreo — *Ashley Erickson*
12:30-1:30 YS * — Vinyasa Yoga — *Rebekka Mars*
1:15-2:00 RF * — Pilates Reform (Premium) — *Tatum Abadir*
3:00-4:00 YS * — Weekend Wind Down Yoga — *Taylor Jeanne*

EQUINOX

LA COSTA

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CARLSBAD CA 92009

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

GROUP FITNESS MANAGER

ashley.erickson@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

RF Reformer Studio

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.
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.
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.

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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
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.
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.
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.

Dance

Studio Dance: Smash Choreo Shake, shimmy and sweat to your favorite old school hip hop, groovy R&B and fun pop songs with dancer/choreographer Ashley Erickson. A warmup and stretch will prep the mind and body to move through a step-by-step breakdown of our monthly choreography. Always moving, always fun!

Boxing

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It’s just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

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.
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

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.
Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

Running

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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
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.
Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.
Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.
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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.
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.

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 Reform A Pilates workout that increases strength, improves flexibility and connects movements to your core, using the Pilates Reformer. This class combines dynamic but controlled movements using spring-based resistance for a balanced full body workout.
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.
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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.