EQUINOX

DOWNTOWN SAN DIEGO

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

6:00-6:50 CS *	**Beats Ride** ***Riley Weeks-Wynne***
6:00-6:45 MS *	Stacked *Danielle Johnston*
6:30-7:30 YS *	Sunrise Vinyasa Yoga (Heated) *Claire Laurie*
8:30-9:15 YS *	Pilates Fusion (Heated) *Asia Feiss Castro*
9:30-10:15 MS *	Rounds: Boxing *Dominick Lanzetta*
9:30-10:15 YS *	Ballet-Style Training *Wendy Garafalo*
11:15-12:05 YS *	Pilates at the Barre *Wendy Garafalo*
12:00-12:30 MS *	**Leg Day 30** ***Danny Adams***
12:30-1:00 MS *	**Best Abs Ever** ***Danny Adams***
12:30-1:30 YS *	Power Vinyasa *Jake Ferree*
5:00-5:30 MS *	**Upper Body Pump** ***Trace Faubel***
5:00-5:45 YS *	Pilates Fusion *Asia Feiss Castro*
5:30-6:00 MS *	**Best Butt Ever** ***Trace Faubel***
6:00-7:00 YS *	Power Vinyasa (Heated) *Sarah Dominguez*
6:15-7:00 MS *	**Rounds: Boxing** ***Trace Faubel***
7:15-8:15 YS *	Vinyasa Yoga *Team Equinox*

TUESDAY

5:30-6:00 MS *	Best Abs Ever *Jarred Reid-Dixon*
6:15-7:00 MS *	Athletic Conditioning *Jarred Reid-Dixon*
6:30-7:20 YS *	Pilates Fusion (Heated) *France-Marie Stiewel*
7:45-8:35 YS *	Pilates at the Barre *France-Marie Stiewel*
9:30-10:15 MS *	Stronger *Kyla Dickerson*
10:30-11:00 MS *	Best Stretch Ever *Wendy Garafalo*
11:15-12:00 YS *	**Pilates Mat** ***Jessica Moon***
12:00-12:45 TR *	Precision Walk: Elevate *Angel Chelik*
12:30-1:15 YS *	Barefoot Sculpt: The Ring *Wendy Garafalo*
5:00-5:30 MS *	**Upper Body Pump** ***Danny Adams***
5:00-5:45 YS *	**Barefoot Sculpt** ***Sophie Hecht***
5:30-6:00 MS *	**Leg Day 30** ***Danny Adams***
5:45-6:30 CS *	Precision Ride *Sandy Blumberg*
6:00-6:45 TR *	Precision Walk: Elevate *Kerry Silverstone*
6:15-7:00 MS *	Core6 *Danny Adams*
6:15-7:00 YS *	Pilates Fusion (Heated) *Asia Feiss Castro*
7:30-8:30 YS *	Yin Yoga *Adrea Barros*

WEDNESDAY

6:00-6:45 MS *	Barefoot Sculpt *Jarred Reid-Dixon*
6:00-6:45 TR *	**Precision Walk: Elevate** ***Emily Safii***
6:30-7:30 YS *	Sunrise Vinyasa Yoga (Heated) *Team Equinox*
6:50-7:20 MS *	**Best Abs Ever** ***Jarred Reid-Dixon***
8:30-9:15 YS *	Barefoot Sculpt: The Ring *Sophie Hecht*
9:30-10:15 MS *	Rounds: Boxing *Dominick Lanzetta*
9:30-10:30 YS *	Vinyasa Yoga *Jake Ferree*
11:15-12:00 YS *	Pilates Mat (Heated) *Jessica Moon*
12:00-12:30 MS *	Upper Body Pump *Grace Recka*
12:30-1:00 MS *	Best Butt Ever *Grace Recka*
5:00-5:45 MS *	TRX Max Circuit *Trace Faubel*
5:00-5:45 YS *	Pilates at the Barre *Asia Feiss Castro*
5:45-6:30 CS *	Beats Ride *Alexis Nseya*
6:00-6:45 MS *	Stronger *Danny Adams*
6:00-7:00 YS *	Vinyasa Yoga (Heated) *Claire Laurie*
7:15-8:15 YS *	Slow Flow Yoga *Claire Laurie*

THURSDAY

6:00-6:50 CS *	Beats Ride *Emily Safii*
6:15-7:00 MS *	Stronger *Grace Recka*
6:30-7:20 YS *	Pilates Mat (Heated) *Jennifer Ruiz*
7:45-8:45 YS *	Vinyasa Yoga (Heated) *Jake Ferree*
9:30-10:15 MS *	Kettlebell Power *Skyler Stillings*
9:30-10:30 YS *	**Sculpted Yoga™** ***Claire Laurie***
10:30-11:00 MS *	Athletic Stretch *Skyler Stillings*
11:15-12:15 YS *	Vinyasa Yoga *Jake Ferree*
12:00-12:45 TR *	Precision Run + Strength *Angel Chelik*
12:30-1:15 YS *	True Barre *Dylan Rivers*
5:00-5:30 MS *	**Leg Day 30** ***Trace Faubel***
5:00-5:45 YS *	**True Barre: Bala Bangle** ***France-Marie Stiewel***
5:30-6:00 MS *	**Best Abs Ever** ***Trace Faubel***
5:45-6:30 CS *	THEME RIDE: *Sandy Blumberg*
6:15-7:00 MS *	Athletic Conditioning *Trace Faubel*
6:15-7:00 YS *	Pilates Fusion (Heated) *France-Marie Stiewel*
7:30-8:30 YS *	Yin Yoga + Sound Meditation *Dre Santana*

FRIDAY

6:00-6:50 MS *	Stronger *Riley Weeks-Wynne*
6:30-7:30 YS *	Power Vinyasa (Heated) *Claire Laurie*
7:15-8:05 MS *	Ropes and Rowers *Sophie Hecht*
7:45-8:30 YS *	Pilates at the Barre *Asia Feiss Castro*
9:00-9:50 YS *	Barefoot Sculpt *Sophie Hecht*
10:00-10:45 MS *	**Best Butt Ever** ***Kyla Dickerson***
11:15-12:05 YS *	Slow Flow Yoga *Wendy Garafalo*
12:15-1:00 YS *	Headstrong Reset Meditation *Wendy Garafalo*
4:15-5:00 YS *	Barefoot Sculpt: The Ring (Heated) *Justin Dominguez*
5:30-6:30 YS *	Yin Yoga + Sound Meditation *Adrea Barros*

SATURDAY

8:15-9:00 MS *	Stronger *Marty Ignacio*
8:30-9:15 YS *	Pilates Mat (Heated) *Jennifer Ruiz*
9:00-9:50 CS *	Beats Ride *Emily Safii*
9:00-9:30 MS *	Core6 Express *Marty Ignacio*
9:45-10:30 YS *	Barefoot Sculpt *Dylan Rivers*
10:15-11:00 MS *	MetCon3 *Emily Safii*
11:00-11:45 YS *	True Barre *Megan Hollyfield*
11:15-12:00 MS *	**Rhythmic Sculpt** ***Willis Hao***
12:30-1:20 YS *	Vinyasa Yoga *Hannah Denton*

SUNDAY

8:00-8:45 MS *	Pilates Fusion *Asia Feiss Castro*
8:15-9:15 YS *	Slow Flow Yoga *Team Equinox*
9:00-9:45 MS *	Stronger *Riley Weeks-Wynne*
9:00-9:50 TR *	Precision Walk: Elevate *Kerry Silverstone*
9:30-10:20 YS *	Pilates Mat (Heated) *Asia Feiss Castro*
10:00-10:45 CS *	Beats Ride *Riley Weeks-Wynne*
10:00-10:45 TR *	Precision Walk: Elevate + Strength *Kerry Silverstone*
10:45-11:45 YS *	Vinyasa Yoga (Heated) *Sarah Dominguez*
11:00-11:45 MS *	Best Stretch Ever *Wendy Garafalo*
12:00-12:45 YS *	Pilates at the Barre *Wendy Garafalo*
3:00-3:45 YS *	Barefoot Sculpt: The Ring *Dylan Rivers*
4:00-5:00 YS *	Weekend Wind Down Yoga *Hannah Denton*

EQUINOX

DOWNTOWN SAN DIEGO

950 Waterfront Pl, Suite 159

SAN DIEGO CA 92101

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 06:00 PM

GROUP FITNESS MANAGER

wendy.garafalo@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.
THEME RIDE: A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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.
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.
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 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

Ballet-Style Training This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.
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.

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.
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.

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 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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.

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.
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 Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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

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.

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 30 Thirty minutes of 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.