

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>6:30-7:15 MS * MetCon Monday <i>Monique Bell</i></div> <div>9:15-10:05 YS * Pilates at the Barre <i>Regina Santos</i></div> <div>9:30-10:20 MS * Stronger <i>Andre Aultmon</i></div> <div>10:30-11:30 YS * Vinyasa Yoga <i>Joseph Seeman</i></div> <div>10:45-11:30 MS * BootKAMP <i>Kupah James</i></div> <div>12:00-12:45 MS * Best Butt Ever <i>Nicole Steen</i></div> <div>12:30-1:15 YS * Headstrong Reset <i>Amy Bishop</i></div> <div>4:00-4:45 MS * Body Sculpt <i>Frances Flores</i></div> <div>4:00-4:45 YS * Best Stretch Ever <i>Amy Bishop</i></div> <div>5:00-5:45 MS * Athletic Conditioning <i>Juan Hidalgo</i></div> <div>5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Frances Flores</i></div> <div>5:30-6:20 CS * Beats Ride <i>Wil Ashley</i></div> <div>6:15-7:00 MS * Stacked <i>Juan Hidalgo</i></div> <div>6:30-7:30 YS * Hatha Yoga <i>Lynn Taylor</i></div>	<div>6:15-7:05 MS * Athletic Conditioning <i>Juan Hidalgo</i></div> <div>6:30-7:15 YS * Vinyasa Yoga (Heated) <i>Rachel Ross</i></div> <div>9:30-10:15 CS * Anthem Ride <i>Yifat Binder</i></div> <div>9:45-10:35 MS * Rhythmic Sculpt <i>Be Solomon</i></div> <div>10:30-11:15 TR * Precision Walk: Elevate <i>Yifat Binder</i></div> <div>10:45-11:35 YS * Pilates Rise <i>Regina Santos</i></div> <div>12:00-1:00 YS * Gentle Yoga <i>Pia Kamonsit</i></div> <div>4:00-4:50 YS * Pilates at the Barre <i>Regina Santos</i></div> <div>5:15-6:00 MS * Rounds: Boxing <i>Steven Dell</i></div> <div>5:30-6:30 YS * Power Vinyasa <i>Dylan Drew</i></div> <div>6:15-7:00 MS * Best Butt Ever <i>Monique Bell</i></div> <div>6:45-7:30 YS * Pilates Fusion <i>Pia Kamonsit</i></div>	<div>6:30-7:15 MS * Stronger <i>Drea Marchesi</i></div> <div>7:45-8:45 YS * Vinyasa Yoga <i>Amy Bishop</i></div> <div>9:15-10:05 YS * Pilates at the Barre <i>Amy Bishop</i></div> <div>9:30-10:00 MS * Best Butt Ever <i>Elle Young</i></div> <div>10:00-10:30 MS * Upper Body Pump <i>Elle Young</i></div> <div>10:30-11:30 YS * Sculpted Yoga™ <i>Jad Kassouf</i></div> <div>11:45-12:30 YS * Athletic Stretch <i>Jad Kassouf</i></div> <div>4:00-4:50 YS * True Barre: Bala Bangle <i>Amber Adams</i></div> <div>5:00-5:45 MS * MetCon3 <i>Juan Hidalgo</i></div> <div>5:15-6:15 YS * Yoga Shape Up <i>Frances Flores</i></div> <div>5:30-6:20 CS * Beats Ride <i>Karen Schneider</i></div> <div>6:15-7:05 MS * Circuit Training <i>Juan Hidalgo</i></div> <div>6:30-7:30 YS * Gentle Yoga <i>Lizbeth Vazquez</i></div>	<div>6:15-7:00 MS * Rounds: Kickboxing <i>Steven Dell</i></div> <div>6:30-7:15 YS * Vinyasa Yoga <i>Jad Kassouf</i></div> <div>9:30-10:15 CS * Precision Ride <i>Yifat Binder</i></div> <div>9:30-10:30 YS * Vinyasa Yoga <i>Joseph Seeman</i></div> <div>9:45-10:35 MS * Stacked <i>Jessica Walker</i></div> <div>10:30-11:15 TR * Precision Walk: Elevate <i>Yifat Binder</i></div> <div>10:45-11:35 YS * Pilates Rise <i>Larisa Lotz</i></div> <div>12:00-1:00 YS * Vinyasa Yoga <i>Eileen O'Connell</i></div> <div>12:15-1:00 MS * Stronger <i>Ronit Koren</i></div> <div>5:00-5:45 MS * Stacked <i>Ali Farahanny</i></div> <div>5:30-6:20 YS * True Barre <i>Kirstyn Lazur</i></div> <div>6:00-6:50 MS * Cardio Dance <i>Ali Farahanny</i></div> <div>6:45-7:30 YS * Pilates at the Barre <i>Regina Santos</i></div>	<div>6:30-7:15 MS * Stacked <i>Cody Stoute</i></div> <div>9:15-10:05 YS * True Barre <i>Yifat Binder</i></div> <div>9:30-10:20 MS * Limited Series: Stronger Women <i>Drea Marchesi</i></div> <div>10:30-11:15 YS * Best Stretch Ever <i>Yifat Binder</i></div> <div>10:45-11:30 MS * Mind Body Fit <i>Maeve McCaffrey</i></div> <div>12:30-1:30 YS * Vinyasa Yoga (Heated) <i>Lucas Varella</i></div> <div>5:15-6:15 YS * Restorative Yoga <i>Heather D.</i></div>	<div>8:30-9:15 MS * Body Sculpt <i>Karen Voight</i></div> <div>9:15-10:05 YS * Pilates Rise <i>Regina Santos</i></div> <div>9:30-10:20 CS * Beats Ride <i>Eileen O'Connell</i></div> <div>9:30-10:15 MS * Rounds: Boxing <i>Ronit Koren</i></div> <div>10:30-11:15 MS * Athletic Conditioning <i>Chris Schram</i></div> <div>10:30-11:30 YS * Vinyasa Yoga <i>Eileen O'Connell</i></div> <div>11:45-12:30 MS * Stacked <i>Cosmo Bertollini</i></div> <div>12:45-1:45 YS * Sculpted Yoga™ <i>Jad Kassouf</i></div>	<div>9:15-10:00 MS * Athletic Conditioning <i>Jill Austin</i></div> <div>10:00-10:15 MS * Best Abs Ever <i>Jill Austin</i></div> <div>10:00-11:00 YS * Vinyasa Yoga <i>Jad Kassouf</i></div> <div>10:45-11:30 MS * Stronger <i>Valintine Baker</i></div> <div>12:00-1:00 YS * Gentle Yoga <i>Lotem Porat</i></div> <div>1:05-1:50 YS * Sonic Meditation <i>Lotem Porat</i></div>

EQUINOX

CENTURY CITY
10250 Santa Monica Boulevard
CENTURY CITY CA 90067
EQUINOX.COM
@EQUINOX

MON-THU 05:00 AM 10:00 PM
FRI 05:00 AM 09:00 PM
SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER
delf.enriquez@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

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.

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 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.

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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.

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.

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.

Yoga Shape Up Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretching. Shape up your body and mind with grounding vinyasa yoga flows, fiery resistance band and bodyweight sculpting, and rebalancing yoga stretches. You'll leave class feeling stronger and reenergized.

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.

BootKAMP BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

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

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.

Mind Body Fit Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!

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.

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 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.

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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 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.

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.

Sculpt

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, low-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.

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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.