

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS* MetCon Monday <i>Monique Bell</i>	6:15-7:00 MS* Leg Day Juan Hidalgo	6:30-7:15 MS* Stronger <i>Piper Natoli</i>	6:15-7:00 MS* Rounds: Kickboxing <i>Steven Dell</i>	6:15-7:15 YS* Power Vinyasa Jenny Geyser	8:30-9:15 MS* Body Sculpt <i>Karen Voight</i>	9:00-9:45 YS* Pilates at the Barre Amy Bishop
8:15-9:00 CS* Anthem Ride <i>Christina Davis</i>	9:15-10:00 YS* True Barre: Bala Bangle Amy Bishop	8:45-9:30 CS* Beats Ride Ally Rayne	9:15-10:00 YS* True Barre: Bala Bangle <i>Amy Bishop</i>	7:30-8:15 MS* Lower Body Blast <i>Piper Natoli</i>	9:15-10:05 YS* Pilates Mat <i>Regina Santos</i>	9:15-10:00 MS* Athletic Conditioning <i>Jill Austin</i>
9:15-10:05 YS* Pilates at the Barre <i>Regina Santos</i>	9:30-10:15 MS* Stacked <i>Andre Aultmon</i>	9:15-10:05 YS* Pilates at the Barre <i>Amy Bishop</i>	9:30-10:15 MS* Body Sculpt <i>Karen Voight</i>	9:15-10:05 YS* True Barre <i>Yifat Binder</i>	9:30-10:20 CS* Beats Ride <i>Eileen O'Connell</i>	10:00-10:15 MS* Best Abs Ever <i>Jill Austin</i>
9:30-10:20 MS* Stronger <i>Andre Aultmon</i>	10:30-11:20 TR* Precision Walk: Elevate <i>Monique Bell</i>	9:30-10:00 MS* Best Butt Ever <i>Elle Young</i>	10:30-11:20 TR* Precision Walk: Elevate <i>Cosmo Bertolini</i>	9:30-10:20 MS* Stronger Women <i>Drea Marchesi</i>	9:45-10:30 MS* Stronger <i>Ronit Koren</i>	10:00-11:00 YS* Vinyasa Yoga Amy Bishop
10:30-11:30 YS* Vinyasa Yoga <i>Joseph Seeman</i>	10:45-11:35 YS* Pilates Rise <i>Regina Santos</i>	10:00-10:30 MS* Upper Body Pump <i>Elle Young</i>	10:45-11:35 YS* Pilates Rise <i>Larisa Lotz</i>	10:30-11:15 YS* Best Stretch Ever <i>Yifat Binder</i>	10:30-11:30 YS* Vinyasa Yoga <i>Eileen O'Connell</i>	10:30-11:15 MS* Rounds: Boxing Rufus Dorsey
12:00-12:45 MS* Best Butt Ever <i>Nicole Steen</i>	12:00-1:00 YS* Gentle Yoga <i>Pia Kamonsit</i>	10:30-11:30 YS* Sculpted Yoga™ <i>Jad Kassouf</i>	12:00-1:00 YS* Vinyasa Yoga <i>Amy Bishop</i>	10:45-11:30 MS* Mind Body Fit <i>Maeve McCaffrey</i>	10:45-11:30 MS* Athletic Conditioning <i>Chris Schram</i>	11:05-11:50 YS* Best Stretch Ever Amy Bishop
1:00-1:45 YS* Barefoot Sculpt Amy Bishop	5:15-6:00 MS* Rounds: Boxing <i>Steven Dell</i>	12:00-12:45 YS* Best Stretch Ever <i>Jad Kassouf</i>	4:15-5:15 YS* Power Vinyasa <i>Rachel King</i>	12:00-1:00 YS* Vinyasa Yoga <i>Lucas Varella</i>	12:45-1:45 YS* Sculpted Yoga™ <i>Jad Kassouf</i>	12:00-1:00 YS* Gentle Yoga <i>Lotem Porat</i>
4:00-4:45 MS* Body Sculpt <i>Frances Flores</i>	5:30-6:30 YS* Power Vinyasa <i>Dylan Drew</i>	1:00-1:45 YS* Barefoot Sculpt Amy Bishop	5:15-6:00 MS* Leg Day Branden Roth	5:00-5:45 MS* Stronger <i>Ronit Koren</i>	2:00-3:00 YS* Yin Yoga Meditation <i>Shazi Usman</i>	1:05-1:50 YS* Sonic Meditation <i>Lotem Porat</i>
5:00-5:45 MS* Athletic Conditioning <i>Juan Hidalgo</i>	6:15-7:00 CS* Beats Ride <i>Stephanie Walsh</i>	4:00-4:45 MS* Body Sculpt <i>Frances Flores</i>	5:30-6:20 YS* Pilates at the Barre <i>Regina Santos</i>	5:30-6:30 MS* Gentle Yoga <i>Pia Kamonsit</i>		
5:15-6:15 YS* Vinyasa Yoga (Heated) <i>Frances Flores</i>	6:15-7:00 MS* Stronger <i>Fiona Hwang</i>	5:00-5:45 MS* MetCon3 <i>Juan Hidalgo</i>	6:15-7:00 CS* Beats Ride <i>Branden Roth</i>			
6:15-7:00 MS* Stacked <i>Juan Hidalgo</i>	6:45-7:30 YS* Pilates Fusion <i>Pia Kamonsit</i>	5:15-6:15 YS* Yoga Shape Up <i>Frances Flores</i>	6:15-7:05 MS* Cardio Dance <i>Ali Farahani</i>			
6:30-7:15 YS* Best Stretch Ever Jenny Geyser		6:15-7:05 MS* Circuit Training <i>Juan Hidalgo</i>	6:45-7:45 YS* Vinyasa Yoga Regina Santos			
		6:30-7:30 YS* Yin Yoga <i>Lizbeth Vazquez</i>				

EQUINOX

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GROUP FITNESS MANAGER

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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.



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.

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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

Yoga Shape Up Where movement meets strength and stillness. Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretches. Shape Up your body and mind with grounding vinyasa flows, fiery resistance band and bodyweight sculpting, and a stress releasing wind-down. You'll leave class feeling centered, stronger, and energized.



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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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 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 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

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.



Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.



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.

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.

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. 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.