EQUINOX

**CENTURY CITY**

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

| | |
|---|---|
| 6:15-7:00 MS * | **MetCon Monday** ***Orlando Deral*** |
| 9:15-10:00 YS * | **True Barre: Cardio** ***Regina Santos*** |
| 9:30-10:15 MS * | Stronger *Andre Aultmon* |
| 10:30-11:15 CS * | Beats Ride *Andre Aultmon* |
| 10:45-11:45 YS * | Vinyasa Yoga *Joseph Seeman* |
| 12:00-12:45 YS * | Best Stretch Ever *Joseph Corella* |
| 12:15-1:00 MS * | Best Butt Ever *Nicole Steen* |
| 4:15-5:00 MS * | **Body Sculpt** ***Frances Flores*** |
| 5:15-6:00 MS * | **Athletic Conditioning** ***Juan Hidalgo*** |
| 5:15-6:15 YS * | Vinyasa Yoga *Frances Flores* |
| 6:00-6:45 CS * | **Beats Ride** ***Ally Rayne*** |
| 6:15-7:00 MS * | **Stacked** ***Juan Hidalgo*** |
| 6:30-7:15 YS * | Barefoot Sculpt: The Ring *Joseph Corella* |

## TUESDAY

| | |
|---|---|
| 6:15-7:00 MS * | Athletic Conditioning *Juan Hidalgo* |
| 7:15-8:00 MS * | Stacked *Juan Hidalgo* |
| 9:15-10:00 YS * | Barefoot Sculpt: The Ring *Joseph Corella* |
| 9:30-10:15 MS * | Stacked *Andre Aultmon* |
| 10:30-11:15 TR * | Precision Walk: Elevate *Monique Bell* |
| 10:45-11:30 YS * | Pilates Fusion *Regina Santos* |
| 12:00-1:00 YS * | Gentle Yoga *Pia Kamonsit* |
| 4:15-5:00 YS * | **True Barre: Bala Bangle** ***Joseph Corella*** |
| 5:15-6:00 MS * | Rounds: Boxing *Steven Dell* |
| 5:15-6:15 YS * | **Power Vinyasa** ***Dylan Drew*** |
| 6:15-7:00 MS * | Stronger *Fiona Hwang* |
| 6:30-7:15 YS * | **Pilates Fusion** ***Pia Kamonsit*** |
| 7:15-8:00 MS * | Cardio Dance *Shayla Hess* |

## WEDNESDAY

| | |
|---|---|
| 6:15-7:00 MS * | Stronger *Piper Natoli* |
| 9:00-10:00 YS * | **Vinyasa Yoga** ***Eileen O'Connell*** |
| 9:30-10:00 MS * | Best Butt Ever *Elle Young* |
| 10:00-10:30 MS * | Upper Body Pump *Elle Young* |
| 10:15-11:00 CS * | **Beats Ride** ***Eileen O'Connell*** |
| 10:45-11:45 YS * | Sculpted Yoga™ *Jad Kassouf* |
| 12:15-1:00 MS * | **Body Sculpt** ***Drea Marchesi*** |
| 4:15-5:00 MS * | **Body Sculpt** ***Frances Flores*** |
| 5:15-6:00 MS * | MetCon3 *Juan Hidalgo* |
| 5:15-6:15 YS * | Yoga Shape Up *Frances Flores* |
| 6:15-7:05 MS * | Circuit Training *Juan Hidalgo* |
| 6:30-7:30 YS * | Restorative Yoga *Gina Brown* |

## THURSDAY

| | |
|---|---|
| 6:15-7:00 MS * | Rounds: Kickboxing *Steven Dell* |
| 7:00-8:00 YS * | **Vinyasa Yoga** ***Jad Kassouf*** |
| 9:15-10:00 YS * | **Barefoot Sculpt** ***Joseph Corella*** |
| 9:30-10:15 MS * | Stacked *Jessica Halford* |
| 10:30-11:15 TR * | Precision Walk: Elevate *Cosmo Bertollini* |
| 10:45-11:30 YS * | True Barre: Bala Bangle *Joseph Corella* |
| 12:00-12:45 YS * | **Best Stretch Ever** ***Jad Kassouf*** |
| 5:15-6:00 MS * | **Stronger** ***Monique Bell*** |
| 5:15-6:00 YS * | Pilates at the Barre *Regina Santos* |
| 6:15-7:05 MS * | Cardio Dance *Ali Farahani* |
| 6:45-7:30 YS * | Sound Meditation *Shayla Hess* |

## FRIDAY

| | |
|---|---|
| 6:15-7:00 MS * | Stacked *Cosmo Bertollini* |
| 9:15-10:00 YS * | True Barre *Yifat Binder* |
| 9:30-10:15 MS * | **Stronger** ***Drea Marchesi*** |
| 10:30-11:15 YS * | Best Stretch Ever *Yifat Binder* |
| 10:45-11:30 MS * | Mind Body Fit *Maeve McCaffrey* |
| 12:00-1:00 YS * | Vinyasa Yoga *Lucas Varella* |
| 5:00-5:45 MS * | Stronger *Cosmo Bertollini* |
| 5:30-6:30 YS * | Gentle Yoga *Pia Kamonsit* |

## SATURDAY

| | |
|---|---|
| 8:30-9:15 MS * | Body Sculpt *Karen Voight* |
| 9:00-10:00 OS * | Precision Run Club *Shae Anderson* |
| 9:15-10:00 YS * | **True Barre: Bala Bangle** ***Jenny Geyser*** |
| 9:30-10:15 CS * | Beats Ride *Eileen O'Connell* |
| 9:30-10:15 MS * | **Stronger** ***Ellie Diez*** |
| 10:30-11:15 MS * | Athletic Conditioning *Chris Schram* |
| 10:30-11:30 YS * | Vinyasa Yoga *Eileen O'Connell* |
| 12:45-1:45 YS * | Sculpted Yoga™ *Jad Kassouf* |

## SUNDAY

| | |
|---|---|
| 9:00-9:45 YS * | Barefoot Sculpt *Joseph Corella* |
| 9:15-10:00 MS * | Athletic Conditioning *Jill Austin* |
| 10:00-10:15 MS * | Best Abs Ever *Jill Austin* |
| 10:00-11:00 YS * | Vinyasa Yoga *Dylan Drew* |
| 11:15-12:00 YS * | Best Stretch Ever *Joseph Corella* |
| 12:15-1:15 YS * | Weekend Wind Down Yoga *Shayla Hess* |
| 1:30-2:15 YS * | Sound Meditation *Shayla Hess* |

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

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**

joseph.corella@equinox.com

***SIGNATURE CLASSES.***

***ACCLAIMED INSTRUCTORS.***

***TRANSFORMED BODIES.***

**STUDIO KEY**

**CS Cycling Studio**

**MS Main Studio**

**YS Yoga Studio**

**TR Treadmill Area**

**OS Outdoor Studio**

**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.

## 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.
**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.
**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.
**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.

## 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.

## 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.
**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.
**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 Run Club** Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. An Equinox exclusive.
**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.

## 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.
**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.

## 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 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.

## 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.

## 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.