

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|--|--|--|
| 6:30-7:20 MS * MetCon Monday <i>Kim Masinter</i> | 6:30-7:20 MS * Stronger <i>Dallas Haupt</i> | 6:30-7:15 CS * Beats Ride <i>George Wyhinny</i> | 6:30-7:20 MS * Athletic Conditioning <i>Jordan Bantista</i> | 6:30-7:15 MS * MetCon3 <i>Elle Young</i> | 8:30-9:30 YS * Vinyasa Yoga <i>Scarlett McCann</i> | 8:30-9:20 YS * Pilates Fusion <i>Be Solomon</i> |
| 7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Buddy Macuha</i> | 6:30-7:20 YS * Pilates Mat <i>Catt Yiu</i> | 6:30-7:20 MS * Tabata Max <i>Valintine Baker</i> | 6:30-7:20 YS * Barefoot Sculpt (Heated) <i>Julianne Volpe</i> | 7:15-8:15 YS * Power Vinyasa <i>Joseph Seeman</i> | 8:45-9:30 MS * Whipped! <i>Orlando Deral</i> | 9:00-9:50 MS * Athletic Conditioning <i>Stephanie Carter</i> |
| 8:00-8:30 MS * Best Butt Ever <i>Jessica Walker</i> | 7:00-7:50 CS * Beats Ride <i>Latif Diop</i> | 7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Trey Jones</i> | 7:00-7:50 CS * Beats Ride <i>Cosmo Bertollini</i> | 8:15-9:05 MS * Whipped! <i>Jeff McMullen</i> | 9:00-9:50 CS * Beats Ride <i>Bernard Colburn</i> | 9:45-10:35 CS * Beats Ride <i>Ronit Koren</i> |
| 8:30-8:45 MS * Upper Body Pump <i>Jessica Walker</i> | 7:15-8:05 TR * Precision Run + Strength <i>Kate Willson</i> | 8:00-8:45 MS * Limited Series: Stronger Women <i>Elle Young</i> | 8:00-9:00 MS * Switch Up: Run + Strength <i>Rick Logan Kate Willson</i> | 8:30-9:20 CS * Beats Ride <i>Joseph Seeman</i> | 9:45-10:35 MS * MetCon3 <i>Kate Willson</i> | 10:00-10:50 TR * Precision Walk: Elevate <i>Yifat Binder</i> |
| 8:45-9:00 MS * Best Abs Ever <i>Jessica Walker</i> | 8:00-8:50 MS * Athletic Conditioning <i>Dallas Haupt</i> | 9:00-9:45 YS * True Barre <i>Taylor Marie</i> | 8:30-9:20 YS * Pilates Fusion <i>Devan Medrano</i> | 9:00-9:50 YS * Pilates Fusion <i>Devan Medrano</i> | 10:00-10:45 YS * Pilates Rise <i>Patty Wortham</i> | 10:00-10:50 YS * Pilates at the Barre <i>Stephanie Carter</i> |
| 9:00-9:50 YS * Pilates Mat <i>Claire Bryant</i> | 8:15-9:05 YS * True Barre: Bala Bangle <i>Kate Willson</i> | 9:30-10:00 MS * Best Butt Ever <i>Jeff McMullen</i> | 10:00-10:50 MS * Rhythmic Sculpt <i>Andre Aultmon</i> | 10:00-10:50 MS * Body Sculpt <i>Frances Flores</i> | 10:30-11:20 CS * Beats Ride <i>Wil Ashley</i> | 10:30-11:15 MS * Rhythmic Sculpt <i>Be Solomon</i> |
| 9:30-10:20 MS * Limited Series: Stronger Women <i>Kate Willson</i> | 9:30-10:20 CS * Beats Ride <i>Joseph Seeman</i> | 10:00-10:15 MS * Best Abs Ever <i>Jeff McMullen</i> | 10:30-11:30 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i> | 10:45-11:35 YS * Pilates at the Barre <i>Kate Willson</i> | 11:00-11:50 MS * The Cut <i>Fiona Hwang</i> | |
| 10:30-11:20 MS * Best Stretch Ever <i>Kate Willson</i> | 10:00-10:50 MS * Rhythmic Sculpt <i>Joseph Corella</i> | 10:20-10:50 MS * Best Stretch Ever <i>Jeff McMullen</i> | 12:15-1:00 MS * Rounds: Kickboxing <i>Steven Dell</i> | 12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Frances Flores</i> | 11:00-11:45 YS * True Barre <i>Kirstyn Lazur</i> | 11:15-11:30 MS * Best Abs Ever <i>Be Solomon</i> |
| 10:45-11:35 YS * True Barre <i>Taylor Marie</i> | 10:30-11:30 YS * Vinyasa Yoga <i>Joseph Seeman</i> | 10:45-11:35 YS * Pilates Fusion <i>Devan Medrano</i> | 12:30-1:20 YS * Pilates Fusion <i>Be Solomon</i> | 12:15-1:05 MS * 360 Strength <i>Kate Willson</i> | | 11:45-1:00 YS * Vinyasa Yoga <i>Lynn Taylor</i> |
| | | | | 1:00-1:50 CS * Precision Ride <i>Yifat Binder</i> | | 12:30-1:20 MS * Cardio Dance <i>Nkechi Okonkwo</i> |
| 12:00-1:00 YS * Vinyasa Yoga <i>Erin Grossman</i> | 12:15-1:05 MS * Stronger <i>Derek Ringold</i> | 12:00-1:00 YS * Yoga Shape Up <i>Frances Flores</i> | 4:15-5:00 YS * Barefoot Sculpt <i>Joseph Corella</i> | 4:15-5:05 YS * Pilates Fusion (Heated) <i>Patty Wortham</i> | 12:00-1:00 YS * Slow Flow Yoga <i>Rachel Ross</i> | 3:00-4:00 YS * Weekend Wind Down <i>Scarlett McCann</i> |
| 1:00-1:50 CS * Anthem Ride <i>Yifat Binder</i> | 12:30-1:20 YS * Pilates Mat <i>Lesley Greer</i> | 12:30-1:20 MS * Circuit Training <i>Juan Hidalgo</i> | 5:15-6:00 MS * Stronger <i>Derek Ringold</i> | 5:15-6:05 MS * Athletic Conditioning <i>Juan Hidalgo</i> | 12:30-1:20 MS * 360 Strength <i>Andre Aultmon</i> | |
| | | | 5:30-6:20 YS * Pilates at the Barre <i>Andre Aultmon</i> | 5:30-6:30 MS * Sculpted Yoga™ (Heated) <i>Lesley Greer</i> | 1:30-2:00 MS * Best Stretch Ever <i>Andre Aultmon</i> | |
| 4:15-5:00 YS * True Barre <i>Tara Zinnamon</i> | 4:15-5:05 YS * Pilates Fusion <i>Ayanna Contreras</i> | 5:00-5:50 MS * 360 Strength <i>Cosmo Bertollini</i> | 6:00-6:15 MS * Best Abs Ever <i>Derek Ringold</i> | 6:30-7:15 MS * Rounds: Kickboxing <i>Fiona Hwang</i> | 3:00-3:50 YS * Yoga Tune Up® <i>Patty Wortham</i> | |
| 5:00-5:50 MS * Circuit Training <i>Lyo Reneau</i> | 5:15-5:45 MS * Best Butt Ever <i>Nik Andrews</i> | 5:15-6:00 YS * True Barre: Bala Bangle <i>Jessica Walker</i> | 6:30-7:20 CS * Beats Ride <i>Andre Aultmon</i> | | | |
| 5:15-6:15 YS * Sculpted Yoga™ <i>Chris Youmans</i> | 5:30-6:20 YS * True Barre <i>Stephanie Carter</i> | 6:00-6:30 MS * Upper Body Pump <i>Kate Willson</i> | 6:45-7:35 MS * The Cut <i>Fiona Hwang</i> | | | |
| 6:15-7:05 CS * Beats Ride <i>Lyo Reneau</i> | 5:45-6:15 MS * Best Abs Ever <i>Nik Andrews</i> | 6:15-7:00 CS * Beats Ride <i>Cosmo Bertollini</i> | 7:00-8:00 YS * Power Vinyasa (Heated) <i>Gina Brown</i> | | | |
| 6:15-7:00 MS * Limited Series: Stronger Women <i>Fiona Hwang</i> | 6:30-7:20 CS * Beats Ride <i>Wil Ashley</i> | 6:30-7:00 MS * Best Butt Ever <i>Kate Willson</i> | 8:15-9:00 YS * Sound Meditation <i>Buddy Macuha</i> | | | |
| 6:30-7:20 YS * Pilates Fusion <i>Pia Kamonsit</i> | 6:45-7:35 MS * MetCon3 <i>Stephanie Carter</i> | 6:30-7:15 YS * Pilates Mat (Heated) <i>Cynthia San Luis</i> | | | | |
| 7:15-8:00 MS * Rounds: Boxing <i>Steven Dell</i> | 7:00-8:00 YS * Slow Flow Yoga <i>Trey Jones</i> | 7:15-8:05 MS * Stronger <i>Andre Aultmon</i> | | | | |
| | 8:00-8:50 MS * Cardio Dance <i>Nkechi Okonkwo</i> | 7:30-8:45 YS * Yin Yoga Meditation (Heated) <i>Kate Willson</i> | | | | |
| | 8:15-9:00 YS * Sound Meditation <i>Buddy Macuha</i> | | | | | |

EQUINOX

MIRACLE MILE

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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

kate.willson@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 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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.



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.

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 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 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.

Yoga Tune Up® Release muscle and fascial tension to address your mobility and movement patterns with unique equipment in this signature open class created by Jill Miller.



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.

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.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. 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.

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

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.



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.

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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.