EQUINOX

MIRACLE MILE

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

6:30-7:15 MS *	Athletic Conditioning *Kim Masinter*
7:00-8:00 YS *	Vinyasa Yoga (Heated) *Buddy Macuha*
8:00-8:30 MS *	Best Butt Ever *Jessica Halford*
8:30-8:45 MS *	Upper Body Pump *Jessica Halford*
8:45-9:00 MS *	Best Abs Ever *Jessica Halford*
8:45-9:35 TR *	Precision Walk: Elevate *Yifat Binder*
9:00-9:50 YS *	Pilates Mat *Chris Stanley*
9:30-10:20 MS *	Stronger Women *Simone Berry*
10:30-11:20 MS *	Best Stretch Ever *Yifat Binder*
10:45-11:35 YS *	True Barre *Taylor Marie*
12:00-1:00 YS *	Vinyasa Yoga *Erin Grossman*
12:30-1:20 CS *	Anthem Ride *Yifat Binder*
4:15-5:00 YS *	Pilates Fusion *Julianne Volpe*
5:00-5:50 MS *	Circuit Training *Lyo Reneau*
5:15-6:15 YS *	Sculpted Yoga™ *Chris Youmans*
6:15-7:05 CS *	Beats Ride *Lyo Reneau*
6:15-7:00 MS *	Stronger Women *Fiona Hwang*
6:30-7:20 YS *	Pilates Fusion *Pia Kamonsit*
7:15-8:00 MS *	Rounds: Boxing *Steven Dell*

TUESDAY

6:30-7:20 MS *	Stronger *Dallas Haupt*
6:30-7:20 YS *	Pilates Mat *Catt Yiu*
7:00-7:50 CS *	Beats Ride *Latif Diop*
8:00-8:50 MS *	Athletic Conditioning *Dallas Haupt*
8:30-9:15 YS *	True Barre: Bala Bangle *Devan Medrano*
9:30-10:30 YS *	Vinyasa Yoga *Joseph Seeman*
10:00-10:50 MS *	Rhythmic Sculpt *Be Solomon*
12:15-1:00 MS *	Stacked *Derek Ringold*
12:30-1:20 YS *	Pilates Mat *Lesley Greer*
4:15-5:05 YS *	Barefoot Sculpt: The Ring *Ayanna Contreras*
5:15-6:00 MS *	Best Butt Ever *Nkechi Okonkwo*
5:30-6:20 YS *	True Barre *Team Equinox*
6:00-6:15 MS *	Best Abs Ever *Nkechi Okonkwo*
6:30-7:20 CS *	Beats Ride *Wil Ashley*
6:45-7:15 MS *	Core6 Express *Nik Andrews*
7:00-8:00 YS *	Slow Flow Yoga *Trey Jones*
7:15-7:30 MS *	Upper Body Pump *Nik Andrews*
8:00-8:50 MS *	Cardio Dance *Nkechi Okonkwo*
8:15-9:00 YS *	Sound Meditation *Buddy Macuha*

WEDNESDAY

6:30-7:20 MS *	Tabata Max *Valintine Baker*
7:00-8:00 YS *	Vinyasa Yoga (Heated) *Trey Jones*
8:00-8:45 MS *	Stronger Women *Elle Young*
8:45-9:35 TR *	Precision Walk: Elevate *Yifat Binder*
9:00-9:45 YS *	True Barre *Taylor Marie*
9:45-10:30 MS *	Core6 *Yifat Binder*
10:30-11:00 MS *	Best Stretch Ever *Yifat Binder*
10:45-11:35 YS *	Pilates Fusion *Devan Medrano*
12:00-1:00 YS *	Yoga Shape Up *Frances Flores*
12:15-1:05 MS *	Circuit Training *Juan Hidalgo*
5:00-5:50 MS *	Circuit Training *Lyo Reneau*
5:15-6:00 YS *	True Barre: Bala Bangle *Jessica Halford*
6:00-6:30 MS *	Upper Body Pump *Kate Willson*
6:00-6:50 TR *	Precision Run® *Lyo Reneau*
6:15-7:00 CS *	Beats Ride *Cosmo Bertollini*
6:30-7:00 MS *	Best Butt Ever *Kate Willson*
6:30-7:15 YS *	Pilates Mat (Heated) *Cynthia San Luis*
7:15-8:05 MS *	Stronger *Cosmo Bertollini*
7:30-8:45 YS *	Yin Yoga Meditation (Heated) *Kate Willson*

THURSDAY

6:30-7:15 MS *	Leg Day *Cosmo Bertollini*
7:00-7:50 CS *	Beats Ride *Tiffany Daniels*
8:00-9:00 MS *	Switch Up: Run + Strength *Yifat Binder Cosmo Bertollini*
8:30-9:15 YS *	Pilates Fusion *Julianne Volpe*
9:30-10:30 YS *	Vinyasa Yoga *Chrissy Gonzalez*
10:00-10:50 MS *	Rhythmic Sculpt *Andre Aultmon*
12:15-1:00 MS *	Rounds: Kickboxing *Steven Dell*
12:30-1:20 YS *	Pilates Fusion *Be Solomon*
4:15-5:00 YS *	Barefoot Sculpt: The Ring *Delandis McClam*
5:15-6:00 MS *	Stronger *Derek Ringold*
5:30-6:20 YS *	Pilates at the Barre *Andre Aultmon*
6:00-6:15 MS *	Best Abs Ever *Derek Ringold*
6:30-7:20 CS *	Beats Ride *Andre Aultmon*
6:45-7:35 MS *	The Cut *Fiona Hwang*
7:00-8:00 YS *	Power Vinyasa *Gina Brown*
8:15-9:00 YS *	Sound Meditation *Buddy Macuha*

FRIDAY

6:30-7:15 MS *	Circuit Training *Ellie Diez*
7:15-8:15 YS *	Power Vinyasa *Joseph Seeman*
8:00-8:50 MS *	**MetCon3** ***Team Equinox***
8:30-9:20 CS *	Beats Ride *Joseph Seeman*
9:00-9:50 YS *	Pilates Fusion *Devan Medrano*
10:45-11:35 MS *	Body Sculpt *Frances Flores*
12:00-1:00 YS *	Vinyasa Yoga *Frances Flores*
12:30-1:20 CS *	Precision Ride *Yifat Binder*
4:15-5:05 YS *	Pilates Fusion (Heated) *Patty Wortham*
5:15-6:05 MS *	Athletic Conditioning *Juan Hidalgo*
5:30-6:30 YS *	Sculpted Yoga™ (Heated) *Lesley Greer*
6:30-7:15 MS *	**Rounds: Bags and Mitts** ***Frank Dunn***

SATURDAY

8:30-9:30 YS *	Vinyasa Yoga *Scarlett McCann*
8:45-9:30 MS *	Whipped! *Simone Berry*
9:00-9:50 CS *	Beats Ride *Bernard Colburn*
9:45-10:35 MS *	MetCon3 *Simone Berry*
10:00-10:45 YS *	Pilates Mat *Chris Stanley*
11:00-11:50 MS *	The Cut *Fiona Hwang*
11:00-11:45 YS *	True Barre *Kirstyn Lazur*
12:00-1:00 YS *	Slow Flow Yoga *Rachel Ross*
12:30-1:20 MS *	Stronger *Andre Aultmon*
1:30-2:00 MS *	Best Stretch Ever *Andre Aultmon*
3:00-3:50 YS *	Roll and Release *Aren Wolf*

SUNDAY

8:30-9:20 YS *	Pilates Fusion *Be Solomon*
9:00-9:50 MS *	Athletic Conditioning *Stephanie Carter*
9:30-10:20 CS *	Beats Ride *Ally Rayne*
10:00-10:50 TR *	Precision Walk: Elevate *Yifat Binder*
10:00-10:50 YS *	Pilates at the Barre *Stephanie Carter*
10:30-11:15 MS *	Rhythmic Sculpt *Be Solomon*
11:15-11:30 MS *	Best Abs Ever *Be Solomon*
11:45-1:00 YS *	Vinyasa Yoga *Jad Kassouf*
12:30-1:20 MS *	Cardio Dance *Nkechi Okonkwo*
3:00-4:00 YS *	Weekend Wind Down Yoga *Scarlett McCann*

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

EQUINOX

MIRACLE MILE

5750 Wilshire Boulevard

LOS ANGELES CA 90036

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

yifat.binder@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.

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.
Roll and Release A regenerative and experiential class using Yoga Tune Up balls to massage tired, sore, or achy muscles. Release muscle and fascial tension to improve your mobility and movement patterns. Walk out feeling better aligned and more relaxed.
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 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.

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: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.
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.

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.

Running

Precision Run® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. 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.

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.
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.
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.
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.
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.

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

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: 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.
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.