EQUINOX **CULVER 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

6:30-7:15 MS * — Stronger — *Katie Brummer*

7:00-7:45 CS * — Beats Ride — *Erika Foster*

8:00-8:45 YS * — Pilates Mat — *Kendall Baab*

8:15-9:00 MS * — Rounds: Boxing — *Steven Dell*

9:30-10:30 YS * — Vinyasa Yoga — *Kishan Shah*

10:00-10:45 MS * — **MetCon Monday** — ***Monique Bell***

12:30-1:30 YS * — Vinyasa Yoga — *Sarra Morton*

4:00-4:45 MS * — Stronger — *Andre Aultmon*

5:00-5:50 TR * — Precision Run® — *Rene Wiley*

5:15-6:00 MS * — Best Butt Ever — *Pearl Fu*

5:30-6:30 YS * — Power Vinyasa (Heated) — *Austin Hollingshead*

6:00-6:45 CS * — Beats Ride — *Rene Wiley*

6:30-7:20 MS * — Studio Dance: Hip Hop — *Nkechi Okonkwo*

7:00-7:45 YS * — Pilates Fusion — *Regina Santos*

TUESDAY

6:30-7:15 CS * — Beats Ride — *Bernard Colburn*

7:00-7:45 MS * — **Best Butt Ever** — ***Emma Ellis***

7:30-8:30 YS * — **Power Vinyasa (Heated)** — ***Ashby Drake***

8:30-9:15 MS * — **Athletic Conditioning** — ***Monique Bell***

9:30-10:15 YS * — True Barre — *Samarah Wiliams*

10:00-10:45 MS * — **Body Sculpt** — ***Semoura Villa***

10:30-11:30 YS * — Gentle Yoga — *Sarra Morton*

12:00-1:00 YS * — Sculpted Yoga™ (Heated) — *Joyce Ivonne*

12:30-1:00 MS * — Best Butt Ever — *Monique Bell*

1:00-1:30 MS * — Upper Body Pump — *Monique Bell*

4:00-5:00 YS * — Vinyasa Yoga (Heated) — *Sarra Morton*

5:15-6:00 MS * — Stronger — *Emma Brown*

5:30-6:15 YS * — Pilates Fusion — *Maya Fiorella*

6:00-6:50 CS * — **Precision Ride** — ***Greg Davis***

6:30-7:15 MS * — Tabata Max — *Derek Ringold*

7:00-7:45 YS * — True Barre — *Kirstyn Lazur*

WEDNESDAY

6:30-7:20 MS * — BootKAMP — *Jada Kelly*

7:00-7:45 CS * — Beats Ride — *Karen Schneider*

7:30-8:15 YS * — Pilates at the Barre — *Stephanie Carter*

9:00-9:45 MS * — Stronger — *Sarah Kusch*

9:30-10:30 YS * — Vinyasa Yoga (Heated) — *Sarra Morton*

10:30-11:20 MS * — True Barre: Bala Bangle — *Susannah Hake*

12:30-1:15 YS * — Barefoot Sculpt: The Ring — *Amber Adams*

4:00-4:45 YS * — True Barre — *Dane Sorensen*

5:00-5:45 MS * — Cardio Dance — *Dane Sorensen*

6:00-6:45 MS * — Stronger — *Monique Bell*

6:15-7:00 CS * — Beats Ride — *G.G. Aizcorbe*

6:30-7:30 YS * — Hatha Yoga — *Sarah Girard*

THURSDAY

6:30-7:15 CS * — Beats Ride — *Amy Robertson*

7:00-7:45 MS * — **Pilates Fusion** — ***Sara McGowan***

7:30-8:30 YS * — Power Vinyasa (Heated) — *Austin Hollingshead*

8:30-9:15 MS * — Athletic Conditioning — *Emma Brown*

9:30-10:15 YS * — Pilates at the Barre — *Joyce Ivonne*

10:00-10:45 MS * — Body Sculpt — *Monique Bell*

10:30-11:30 YS * — Gentle Yoga — *Sarra Morton*

12:00-12:45 YS * — Vinyasa Yoga (Heated) — *Sarra Morton*

12:30-1:15 MS * — Stronger — *Drea Marchesi*

4:00-4:45 MS * — Best Stretch Ever — *Laurel Erilane*

4:15-5:00 CS * — Beats Ride — *Bernard Colburn*

5:00-6:00 YS * — Power Vinyasa — *Raphie Chiaramonte*

5:15-6:00 MS * — Body Sculpt — *Pearl Fu*

6:00-6:45 CS * — Beats Ride — *Rene Wiley*

6:30-7:15 MS * — **Best Butt Ever** — ***Pearl Fu***

7:00-7:45 YS * — Pilates Fusion — *Marcelin Jurbina*

FRIDAY

6:30-7:15 MS * — Tabata Max — *Bibi Mama*

7:00-7:45 CS * — Beats Ride — *Monique Bell*

7:30-8:15 YS * — **True Barre: Bala Bangle** — ***Jenny Geyser***

8:00-8:45 MS * — Rounds: Boxing — *Nupeir Garret*

9:00-9:45 MS * — Studio Dance: Hip Hop — *Nupeir Garret*

9:30-10:20 YS * — Pilates Mat — *Chris Stanley*

10:00-10:45 MS * — Body Sculpt — *Amanda Taylor*

12:00-12:45 MS * — MetCon3 — *Ali Farahani*

12:30-1:30 YS * — Vinyasa Yoga — *Valeriya Rimer*

4:00-4:45 YS * — Sound Meditation — *Pua Hall*

4:15-5:05 MS * — Body Sculpt — *Frances Flores*

5:30-6:15 MS * — Stronger — *Derek Ringold*

6:00-6:45 YS * — True Barre — *Stephanie Carter*

SATURDAY

8:15-9:00 CS * — Beats Ride — *Eileen O'Connell*

8:30-9:20 MS * — True Barre: Cardio — *Dane Sorensen*

9:00-9:50 YS * — Pilates Mat — *Kat Colla*

9:30-10:15 CS * — Beats Ride — *Stephanie Carter*

10:00-10:45 MS * — Tabata Max — *Derek Ringold*

10:30-11:30 YS * — Vinyasa Yoga (Heated) — *Sarra Morton*

11:00-11:45 MS * — Stronger — *Sarah Kusch*

12:00-1:00 YS * — Vinyasa Yoga (Heated) — *Dan Ward*

12:15-1:00 MS * — Body Sculpt — *Sarah Kusch*

4:30-5:15 YS * — Yin Yoga — *Regina Santos*

5:20-5:50 YS * — Headstrong Reset Meditation — *Regina Santos*

SUNDAY

8:30-9:15 MS * — Stronger — *Andre Aultmon*

8:45-9:35 YS * — Pilates Rise — *Maya Fiorella*

9:30-10:15 CS * — Beats Ride — *Andre Aultmon*

9:30-10:15 MS * — Athletic Conditioning — *Jessica Drisdelle*

10:00-11:15 YS * — Vinyasa Yoga (Heated) — *Scarlett McCann*

10:30-11:15 MS * — **Barefoot Sculpt: The Ring** — ***Nina Raab***

11:30-12:15 MS * — Cardio Dance — *Dane Sorensen*

1:00-2:00 YS * — Weekend Wind Down Yoga — *Kiyomi Takahashi*

3:30-4:20 MS * — Stronger — *Michaeleen Christakos*

4:30-5:15 YS * — Sound Meditation — *Buddy Macuha*

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

EQUINOX

CULVER CITY

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CULVER CITY CA 90232

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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

Kids

MON-SAT 09:00 AM 01:30 PM

GROUP FITNESS MANAGER

sarra.morton@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

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.

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.
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.

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.

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.

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.

Strength

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® 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.

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

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.
Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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.
Headstrong Reset Meditation 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.
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.