EQUINOX

SANTA MONICA EAST

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 *Nkechi Okonkwo*
6:30-7:30	YS *	Vinyasa Yoga *Dylan Drew*
8:30-9:15	MS *	BootKAMP *Jada Kelly*
9:15-10:00	YS *	Pilates Mat *Monica Diederich*
10:00-10:45	MS *	Body Sculpt *Jada Kelly*
10:30-11:30	YS *	Vinyasa Yoga (Heated) *Laila Arzouni*
12:00-12:45	YS *	Pilates Fusion *Denise Antoine*
1:00-2:00	YS *	Slow Flow Yoga (Heated) *Denise Antoine*
4:00-4:45	CS *	**Beats Ride** ***Jared Sklar***
4:00-4:45	YS *	Athletic Stretch (Heated) *Mia Rose Voss*
5:15-6:00	MS *	Stronger *Tara Emerson*
5:30-6:30	YS *	Vinyasa Yoga *Kinjal Patel*
6:15-7:00	MS *	Best Butt Ever *Andre Aultmon*
7:00-7:30	MS *	**Upper Body Pump** ***Andre Aultmon***
7:00-7:50	YS *	Pilates Fusion (Heated) *Emily Eckstein*

TUESDAY

6:30-7:15	YS *	Pilates Fusion *Sara McGowan*
7:30-8:15	MS *	**MetCon3** ***Kim Masinter***
7:30-8:30	YS *	Vinyasa Yoga (Heated) *Jay Cruz*
9:30-10:15	MS *	Best Butt Ever *Emma Ellis*
10:30-11:15	YS *	Pilates at the Barre *Pearl Fu*
12:00-1:00	YS *	Vinyasa Yoga (Heated) *Denise Antoine*
12:15-1:00	MS *	Body Sculpt *Sarah Kusch*
4:00-4:45	YS *	Pilates Fusion *Mia Rose Voss*
4:15-5:00	TR *	Precision Walk: Elevate *Jada Kelly*
5:15-6:00	YS *	True Barre: Bala Bangle *Kirstyn Lazur*
5:30-6:15	MS *	BootKAMP *Jada Kelly*
6:15-7:15	YS *	Sculpted Yoga™ (Heated) *Laila Arzouni*
6:30-7:15	MS *	**Athletic Conditioning** ***Rufus Dorsey***
7:30-8:30	YS *	Yin Yoga Meditation *Kinjal Patel*

WEDNESDAY

6:15-7:00	MS *	Stronger *Orlando Deral*
6:30-7:30	YS *	Vinyasa Yoga (Heated) *Laila Arzouni*
7:15-8:00	TR *	Precision Walk: Elevate *Orlando Deral*
8:30-9:15	MS *	Body Sculpt *Maeve McCaffrey*
9:15-10:00	YS *	Pilates Fusion *Sarah Carr*
10:00-10:45	MS *	Stronger *Piper Natoli*
10:30-11:30	YS *	Vinyasa Yoga *Kishan Shah*
12:00-12:45	YS *	Pilates Mat *Kat Colla*
1:00-1:45	YS *	Athletic Stretch (Heated) *Aren Wolf*
4:00-4:15	CS *	**Beats Ride** ***Jared Sklar***
4:00-4:45	YS *	Barefoot Sculpt: The Ring *Tina Gaul*
5:15-6:00	MS *	Athletic Conditioning *Bakari Williams*
5:30-6:30	YS *	Vinyasa Yoga (Heated) *Austin Hollingshead*
6:15-7:00	MS *	**Best Butt Ever** ***Pearl Fu***
7:00-7:45	YS *	Pilates Fusion (Heated) *Drea Marchesi*
7:15-8:00	MS *	Cardio Dance *Odell*
8:00-8:45	YS *	Sound Meditation *Pete Lee*

THURSDAY

6:30-7:15	YS *	Pilates Mat (Heated) *Darryl Whiting*
7:30-8:15	MS *	Stronger *Kari McKillip*
9:00-10:00	YS *	Vinyasa Yoga (Heated) *Austin Hollingshead*
9:30-10:15	MS *	Cardio Sculpt *Tracy Washburn*
10:30-11:15	YS *	Pilates Rise *Drea Marchesi*
12:00-1:00	YS *	Vinyasa Yoga (Heated) *Maeve McCaffrey*
12:15-1:00	MS *	Best Butt Ever *Jada Kelly*
4:00-4:45	YS *	Pilates at the Barre *Joyce Ivonne*
4:15-5:00	TR *	Precision Walk: Elevate *Jada Kelly*
5:15-6:15	YS *	Sculpted Yoga™ (Heated) *Laila Arzouni*
5:30-6:15	MS *	Stronger *Ty Mauro*
6:30-7:15	MS *	**Rounds: Bags and Mitts** ***Titus-R'icard Baldwin***
6:30-7:15	YS *	Pilates Fusion *Mia Rose Voss*
7:30-8:15	YS *	Restorative Yoga (Heated) *Dan Ward*

FRIDAY

7:00-7:45	YS *	Barefoot Sculpt *Tessa Southwell*
8:30-9:15	MS *	Best Butt Ever *Simone Berry*
9:15-10:00	YS *	True Barre: Bala Bangle *Amy Bishop*
9:30-10:15	MS *	Studio Dance: Hip Hop *Odell*
10:30-11:30	YS *	Vinyasa Yoga (Heated) *Sarra Morton*
12:00-12:45	YS *	Pilates Fusion (Heated) *Monica Diederich*
1:00-1:45	MS *	MetCon3 *Nkechi Okonkwo*
6:00-7:00	YS *	Yin Yoga (Heated) *Newton Campbell*

SATURDAY

8:30-9:15	YS *	Pilates Fusion *Kirstyn Lazur*
9:15-10:00	MS *	360 Strength *Ty Mauro*
9:30-10:30	YS *	Vinyasa Yoga (Heated) *Michelle Razavi*
10:00-10:45	CS *	Beats Ride *Christina Davis*
10:30-11:15	MS *	Stronger *Emily Eckstein*
11:00-11:45	YS *	Barefoot Sculpt: The Ring *Maya Gorodetsky*
11:30-12:15	MS *	**Body Sculpt** ***Katie Brummer***
12:15-1:15	YS *	Yin Yoga (Heated) *Stephen Baumann*
1:30-2:15	YS *	True Barre: Cardio *Joyce Ivonne*
3:00-4:00	YS *	Vinyasa Yoga *Kishan Shah*
4:00-4:30	YS *	Headstrong Reset Meditation *Kishan Shah*

SUNDAY

9:00-9:45	MS *	Body Sculpt *Sarah Kusch*
9:15-10:00	YS *	**Barefoot Sculpt** ***Emma Ellis***
10:15-10:45	MS *	**Upper Body Pump** ***Emma Ellis***
10:15-11:15	YS *	Vinyasa Yoga *Kishan Shah*
10:45-11:05	MS *	**Best Abs Ever** ***Emma Ellis***
11:30-12:15	MS *	MetCon3 *Ali Farahani*
12:00-12:45	YS *	Pilates Mat *Tina Gaul*
1:30-2:15	YS *	Best Stretch Ever (Heated) *Dan Ward*
3:00-4:00	YS *	Weekend Wind Down Yoga *Nicolette Ficchi*

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

EQUINOX

SANTA MONICA EAST

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SANTA MONICA CA 90401

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

jada.kelly@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.

Yoga

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.
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 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.

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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
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.

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.
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 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.
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.

Barre

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.

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.

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.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.