

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Best Butt Ever <i>Nkechi Okonkwo</i>	6:30-7:15 YS * Pilates Fusion <i>Sara McGowan</i>	6:00-6:45 MS * Stronger <i>Ty Mauro</i>	6:30-7:15 YS * Pilates Mat (Heated) <i>Darryl Whiting</i>	7:00-7:45 YS * Barefoot Sculpt Tessa Southwell	8:15-9:00 MS * Stronger <i>Branden Roth</i>	9:00-9:45 MS * Body Sculpt <i>Sarah Kusch</i>
6:30-7:15 CS * Beats Ride <i>Orlando Deral</i>	7:30-8:15 MS * Stacked <i>Kim Masinter</i>	6:30-7:15 CS * Beats Ride <i>Kyra Manayan</i>	7:30-8:20 MS * Stronger <i>Ian Culbertson</i>	8:00-8:45 MS * Best Butt Ever Monique Bell	8:30-9:15 YS * Pilates Fusion <i>Kirstyn Lazur</i>	9:15-10:00 YS * True Barre <i>Kirstyn Lazur</i>
6:30-7:30 YS * Vinyasa Yoga <i>Dylan Drew</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Jay Cruz</i>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Tessa Southwell</i>	7:30-8:30 YS * Power Vinyasa <i>Rachel Ross</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Amy Bishop</i>	9:15-10:00 MS * 360 Strength <i>Ty Mauro</i>	10:00-10:45 MS * Stronger <i>Alexis Harrell</i>
8:30-9:15 MS * Stronger <i>Monique Bell</i>	9:00-10:00 YS * Hatha Yoga <i>Lizbeth Vazquez</i>	8:30-9:15 MS * Body Sculpt <i>Maeve McCaffrey</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Austin Hollingshead</i>	9:30-10:15 MS * Studio Dance: Hip Hop Odell	9:30-10:30 YS * Vinyasa Yoga (Heated) <i>Michelle Razavi</i>	10:15-11:15 YS * Vinyasa Yoga <i>Kishan Shah</i>
9:15-10:00 YS * True Barre: Bala Bangle <i>Caitlyn Moyer</i>	9:30-10:15 MS * Best Butt Ever <i>Marzena Janasik</i>	9:15-10:00 YS * Pilates Fusion <i>Sarah Carr</i>	9:30-10:15 MS * Cardio Sculpt <i>Tracy Washburn</i>	10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Sarra Morton</i>	10:00-10:45 CS * Beats Ride <i>Christina Davis</i>	11:30-12:15 MS * MetCon3 <i>Ali Farahani</i>
10:00-10:45 MS * Body Sculpt <i>Jada Kelly</i>	10:30-11:15 YS * Pilates at the Barre <i>Pearl Fu</i>	10:00-10:45 MS * Stronger Piper Natoli	10:30-11:15 YS * Pilates Rise <i>Drea Marchesi</i>	12:00-12:45 YS * Pilates Fusion (Heated) <i>Monica Diederich</i>	10:15-11:00 MS * Leg Day Drea Marchesi	12:00-12:45 YS * Pilates Mat <i>Tina Gaul</i>
10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Lotem Porat</i>	12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Denise Antoine</i>	10:30-11:30 YS * Vinyasa Yoga <i>Kishan Shah</i>	12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Maeve McCaffrey</i>	5:15-6:00 MS * MetCon3 <i>Nkechi Okonkwo</i>	11:00-11:45 YS * Barefoot Sculpt <i>Maya Gorodetsky</i>	1:00-1:45 YS * Best Stretch Ever (Heated) <i>Alexis Harrell</i>
12:00-12:45 YS * Pilates Fusion <i>Denise Antoine</i>	12:15-1:00 MS * Body Sculpt <i>Sarah Kusch</i>	12:00-12:45 YS * Pilates Mat <i>Kat Colla</i>	12:15-1:00 MS * Best Butt Ever <i>Jada Kelly</i>	6:00-7:00 YS * Yin Yoga (Heated) <i>Newton Campbell</i>	11:30-12:15 MS * Athletic Conditioning <i>Koni Nwaukoni</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Nicolette Ficchi</i>
1:00-2:00 YS * Slow Flow Yoga (Heated) Aren Wolf	4:00-5:00 YS * Power Vinyasa <i>Lindsey Valdez</i>	1:00-1:45 YS * Best Stretch Ever (Heated) <i>Alexis Harrell</i>	4:00-4:45 YS * Pilates at the Barre <i>Joyce Ivonne</i>		12:15-1:15 YS * Yin Yoga (Heated) <i>Skip Jennings</i>	
4:00-4:45 YS * Athletic Stretch (Heated) Mia Rose Voss	5:15-6:00 YS * True Barre: Bala Bangle <i>Kirstyn Lazur</i>	4:00-4:45 YS * Barefoot Sculpt Tina Gaul	5:15-6:15 YS * Sculpted Yoga™ (Heated) <i>Laila Arzouni</i>		1:30-2:15 MS * Cardio Dance <i>Dane Sorensen</i>	
5:15-6:00 MS * Stronger <i>Tara Emerson</i>	5:30-6:15 MS * Core6 <i>Heidi Carignan</i>	5:15-6:00 MS * Athletic Conditioning <i>Bakari Williams</i>	5:30-6:15 MS * Stronger <i>Ty Mauro</i>		3:00-4:00 YS * Vinyasa Yoga <i>Kishan Shah</i>	
5:30-6:30 YS * Vinyasa Yoga <i>Jess Ray</i>	6:00-6:45 CS * Beats Ride <i>Emily Eckstein</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Austin Hollingshead</i>	6:00-6:45 CS * Beats Ride <i>Juan Hidalgo</i>		4:00-4:30 YS * Headstrong Reset Meditation <i>Kishan Shah</i>	
6:15-7:00 MS * Best Butt Ever <i>Andre Aultmon</i>	6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Laila Arzouni</i>	6:15-7:00 MS * Leg Day Pearl Fu	6:30-7:15 YS * Athletic Stretch <i>Denise Antoine</i>			
6:30-7:15 CS * Beats Ride <i>Kyra Manayan</i>	6:45-7:30 MS * Athletic Conditioning <i>Rufus Dorsey</i>	6:30-7:15 CS * Beats Ride <i>Liette Espinoza</i>	6:45-7:30 MS * Rounds: Bags and Mitts <i>Titus-R'icard Baldwin</i>			
7:00-7:45 YS * Pilates Fusion (Heated) <i>Emily Eckstein</i>	7:30-8:30 YS * Yin Yoga Meditation <i>Joyce Ivonne</i>	7:00-7:45 YS * Pilates Fusion (Heated) <i>Drea Marchesi</i>				
7:15-8:00 MS * True Barre: Cardio Andre Aultmon		7:15-8:00 MS * Cardio Dance <i>Safire R.</i>				
		8:00-8:45 YS * Sound Meditation <i>Pete Lee</i>				

EQUINOX

SANTA MONICA EAST

700 Broadway suite A

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

alexis.harrell@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga 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

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.

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.



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.

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.

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.



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.



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.

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.



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.



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.

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.



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 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.