

EQUINOX

SANTA MONICA EAST

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 Best Butt Ever MS * 6:30-7:30 Vinyasa Yoga YS * 6:45-7:30 Beats Ride CS * 7:30-8:30 Stephanie Walsh 8:30-9:15 Stronger Monique Bell 9:15-10:00 True Barre: Bala Bangle YS * 10:00-10:45 Stacked MS * 10:30-11:30 Vinyasa Yoga YS * <hr/> 12:00-12:45 Pilates Fusion YS * 1:00-2:00 Power Vinyasa (Heated) Aren Wolf <hr/> 5:15-6:00 Stronger MS * 5:30-6:30 Vinyasa Yoga YS * 5:45-6:35 Precision Run® TR * 6:15-7:00 MetCon3 MS * 6:30-7:15 Anthem Ride CS * 7:00-7:45 Pilates Fusion (Heated) YS * 7:15-8:00 Cardio Dance: 567BROADWAY! MS * 8:00-9:00 Yin Yoga (Heated) YS *	6:30-7:15 Pilates Fusion YS * 6:45-7:30 Precision Walk: Elevate Alexis Harrell 7:30-8:30 Vinyasa Yoga (Heated) (Heated) Jay Cruz 8:45-9:30 Beats Ride Eileen O'Connell 9:30-10:15 Best Butt Ever Marzena Janasik <hr/> 12:00-1:00 Vinyasa Yoga (Heated) Denise Antoine 12:15-1:00 Body Sculpt Sarah Kusch <hr/> 4:00-5:00 Power Vinyasa Lindsey Valdez 5:15-6:00 True Barre: Bala Bangle YS * 5:30-6:15 Core6 MS * 6:00-6:45 Beats Ride Emily Eckstein 6:15-7:00 MetCon3 Andre Aultmon 6:30-7:15 Anthem Ride Kyra Manayan 7:00-7:45 Pilates Fusion (Heated) Emily Eckstein 7:15-8:00 Yin Yoga Meditation Joseph Corella 8:00-9:00 Yin Yoga (Heated) Skip Jennings <hr/> 6:00-6:45 Stronger Ronit Koren 6:30-7:30 Vinyasa Yoga (Heated) Tessa Southwell 6:45-7:30 Anthem Ride CS * 7:30-8:30 Kyra Manayan 8:30-9:15 Mind Body Fit Maeve McCaffrey 9:15-10:00 True Barre Sarah Carr 10:00-10:45 Stronger Alexis Harrell 10:30-11:30 Vinyasa Yoga Kishan Shah <hr/> 12:00-12:45 Pilates Mat Kat Colla 1:00-1:45 Best Stretch Ever (Heated) Alexis Harrell 4:00-5:00 Power Vinyasa Lindsey Valdez 5:15-6:00 Athletic Conditioning Bakari Williams 5:30-6:30 Vinyasa Yoga Austin Hollingshead 5:45-6:35 Precision Run® Monique Bell 6:15-7:00 Body Sculpt Pearl Fu 7:00-7:45 Pilates Fusion (Heated) Sarah Carr 7:15-8:00 MetCon3 Ian Culbertson 8:00-8:45 Sound Meditation Pete Lee <hr/> 6:30-7:15 Pilates Mat (Heated) Darryl Whiting 6:45-7:30 Precision Walk: Elevate Titus-R'icard Baldwin 7:30-8:30 Power Vinyasa Rachel Ross 8:30-9:15 Anthem Ride Skip Jennings 9:00-10:00 Vinyasa Yoga (Heated) Austin Hollingshead 9:30-10:15 Cardio Sculpt Tracy Washburn 10:30-11:15 Pilates Rise Maya Fiorella <hr/> 12:00-12:45 Pilates Mat Monica Diederich 1:00-1:45 Pilates at the Barre Joyce Ivronne 2:00-2:45 Sculpted Yoga™ (Heated) Laila Arzouni 3:00-3:45 360 Strength Ty Mauro 4:00-4:45 Beats Ride Juan Hidalgo 5:00-5:45 Athletic Stretch Denise Antoine 6:00-6:45 Rounds: Bags and Mitts Titus-R'icard Baldwin 7:00-7:45 Headstrong Reset Dan Ward <hr/> 6:00-6:45 Body Sculpt Trevor Kent 6:45-7:30 Vinyasa Yoga Raphie Chiaramonte 7:30-8:30 Beats Ride Karen Schneider 8:30-9:15 Best Butt Ever Monique Bell 9:00-10:00 True Barre: Bala Bangle Amy Bishop 10:00-11:00 Core6 Drea Marchesi 11:00-11:45 Barefoot Sculpt Maya Gorodetsky <hr/> 12:00-12:45 MetCon3 Koni Nwaukoni 1:00-1:45 Athletic Conditioning Yin Yoga (Heated) 2:00-2:45 Yin Yoga (Heated) Skip Jennings 3:00-3:45 Cardio Dance Dane Sorensen 4:00-4:45 Headstrong Reset Kishan Shah <hr/> 8:15-9:00 Stronger Branden Roth 9:00-9:45 Pilates Fusion Kirstyn Lazur 9:15-10:00 Beats Ride Sheila Lee 10:00-10:45 360 Strength Ty Mauro 10:15-11:15 Vinyasa Yoga (Heated) Michelle Razavi <hr/> 11:30-12:15 MetCon3 Ali Farahanny 12:00-12:45 Pilates Mat Tina Gaul 1:00-1:45 Best Stretch Ever (Heated) 2:00-2:45 Athletic Conditioning Yin Yoga (Heated) 3:00-4:00 Weekend Wind Down Yoga 4:00-4:45 Cardio Dance Nicolette Ficchi	8:30-9:15 Beats Ride G.G. Aizcorbe 9:00-9:45 Body Sculpt Sarah Kusch 9:15-10:00 True Barre Kirstyn Lazur 10:00-10:45 360 Strength Ty Mauro 10:15-11:15 Vinyasa Yoga Kishan Shah <hr/> 11:30-12:15 MetCon3 Ali Farahanny 12:00-12:45 Pilates Mat Tina Gaul 1:00-1:45 Best Stretch Ever (Heated) 2:00-2:45 Athletic Conditioning Yin Yoga (Heated) 3:00-4:00 Weekend Wind Down Yoga 4:00-4:45 Cardio Dance 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

alexis.harrell@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.

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.

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.

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.

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.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells 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.

Mind Body Fit Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!

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.

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.

Cardio Dance: 567BROADWAY! Step into the spotlight with Joseph Corella's high-energy cardio dance workout inspired by Broadway and Hollywood. With follow-along choreography, theater flair, and heart-pumping cardio, this full-body experience feels more like a performance than a workout.

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 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.

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.