EQUINOX **BURBANK**

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

| | |
|---|---|
| 6:00-6:45 MS * | Stronger<br>*Elle Young* |
| 6:30-7:30 YS * | Vinyasa Yoga (Heated)<br>*Amina Pankey* |
| 7:00-7:45 MS * | Stacked<br>*Andre Aultmon* |
| 8:30-9:15 MS * | Rhythmic Sculpt<br>*Natalie Schervish* |
| 8:45-9:30 YS * | Pilates Fusion<br>*Maya Gorodetsky* |
| 9:45-10:30 YS * | True Barre: Off the Barre<br>*Dana Perri* |
| 10:45-11:30 MS * | Best Butt Ever<br>*Victoria Ralston* |
| 10:45-11:45 YS * | Vinyasa Yoga<br>*Grace Huang* |
| 12:00-12:45 CS * | Beats Ride<br>*Orlando Deral* |
| 12:15-1:00 YS * | Pilates Mat<br>*Chris Stanley* |
| 3:00-3:50 YS * | Pilates at the Barre<br>*Tanja Johnston* |
| 4:15-5:00 MS * | Barefoot Sculpt<br>*Trevor Kent* |
| 5:00-5:45 CS * | Beats Ride<br>*Lacey Stone* |
| 5:15-6:00 MS * | Stronger<br>*Dallas Haupt* |
| 6:00-7:00 YS * | Vinyasa Yoga (Heated)<br>*Patrick Minas* |
| 6:30-7:15 MS * | Rounds: Boxing<br>*Aaron Bryant* |
| 7:30-8:15 MS * | Studio Dance: Hip Hop<br>*Delandis McClam* |

## TUESDAY

| | |
|---|---|
| 6:00-6:45 CS * | Beats Ride<br>*Christina Davis* |
| 6:30-7:15 MS * | MetCon3<br>*Dana Perri* |
| 7:00-7:45 YS * | Pilates Mat<br>*Niki Kramer* |
| 8:30-9:15 MS * | Stronger<br>*Sheila Lee* |
| 8:45-9:45 YS * | Vinyasa Yoga (Heated)<br>*Micki Duran* |
| 9:15-10:00 TR * | Precision Walk: Elevate<br>*Jill Karrenbrock* |
| 9:30-10:15 MS * | Cardio Sculpt<br>*Dana Perri* |
| 10:45-11:30 MS * | Barefoot Sculpt: The Ring<br>*Maya Gorodetsky* |
| 10:45-11:30 YS * | True Barre (Heated)<br>*Taylor Marie* |
| 12:15-1:00 MS * | Athletic Conditioning<br>*Scott Haddock* |
| 3:00-3:45 MS * | Barefoot Sculpt: The Ring<br>*Taylor Marie* |
| 4:15-5:00 YS * | True Barre<br>*Ash Moss* |
| 5:15-6:15 YS * | Vinyasa Yoga<br>*Micki Duran* |
| 5:30-6:15 MS * | Stacked<br>*Kaylin Zeren* |
| 6:00-6:45 CS * | Beats Ride<br>*Lyo Reneau* |
| 6:30-7:15 MS * | Stronger<br>*Brandon Mayweather* |
| 6:30-7:15 YS * | Pilates Rise<br>*Natalia Perzyna* |
| 7:30-8:30 YS * | Yin Yoga<br>*Newton Campbell* |

## WEDNESDAY

| | |
|---|---|
| 6:00-6:45 MS * | Leg Day<br>*Celina Vitocruz* |
| 7:00-7:50 TR * | Precision Run + Strength<br>*Jill Karrenbrock* |
| 7:00-8:00 YS * | Vinyasa Yoga<br>*Paula Rodgers* |
| 8:30-9:15 MS * | Best Butt Ever<br>*Annie Kelly* |
| 8:45-9:30 YS * | Pilates Mat<br>*Sharifa Bailey* |
| 9:00-9:45 CS * | Beats Ride<br>*Nicole Stouffer* |
| 9:45-10:30 YS * | True Barre: Cardio<br>*Dana Perri* |
| 10:45-11:30 MS * | Barefoot Sculpt<br>*Trevor Kent* |
| 12:00-12:45 YS * | True Barre<br>*Niki Kramer* |
| 3:00-4:00 YS * | Sculpted Yoga™<br>*Annie Kelly* |
| 4:15-5:00 YS * | Pilates Mat<br>*Anna Petrisko* |
| 5:00-5:45 CS * | Beats Ride<br>*Maxi Witrak* |
| 5:15-5:45 MS * | Upper Body Pump<br>*Dana Perri* |
| 5:30-6:30 YS * | Vinyasa Yoga<br>*Nicolas Diiorio* |
| 5:45-6:15 MS * | Best Abs Ever<br>*Dana Perri* |
| 6:30-7:15 MS * | Studio Dance: Hip Hop<br>*Sophia Laemmerhirt* |
| 7:30-8:15 YS * | Sound Meditation<br>*Tierney Dale* |

## THURSDAY

| | |
|---|---|
| 6:00-6:45 CS * | Beats Ride<br>*Christina Davis* |
| 6:30-7:15 MS * | Whipped!<br>*Victoria Ralston* |
| 7:00-7:45 YS * | Pilates Mat (Heated)<br>*Niki Kramer* |
| 8:30-9:15 MS * | Cardio Sculpt<br>*Dana Perri* |
| 8:45-9:30 YS * | True Barre<br>*Ash Moss* |
| 9:30-10:15 MS * | Stronger<br>*Sheila Lee* |
| 10:45-11:30 YS * | Pilates at the Barre<br>*Niki Kramer* |
| 12:00-12:50 YS * | Pilates Mat (Heated)<br>*Jaclyn Winters* |
| 12:15-1:00 MS * | Stronger<br>*Blake Sunshine* |
| 3:00-3:45 MS * | Barefoot Sculpt<br>*Natalie Schervish* |
| 4:15-5:00 YS * | True Barre: Cardio<br>*Dana Perri* |
| 5:15-6:15 YS * | Hatha Yoga<br>*Eka Ekong* |
| 5:30-6:15 MS * | Leg Day<br>*Jill Peterson* |
| 6:30-7:15 MS * | Best Stretch Ever<br>*Delandis McClam* |
| 7:30-8:20 YS * | Pilates Fusion (Heated)<br>*Be Solomon* |

## FRIDAY

| | |
|---|---|
| 6:00-6:45 MS * | Athletic Conditioning<br>*Dallas Haupt* |
| 7:00-7:50 TR * | Precision Run®<br>*Tanja Djelevic* |
| 7:00-8:00 YS * | Vinyasa Yoga<br>*Shielu Bharwani* |
| 8:30-9:15 MS * | Stacked<br>*Branden Roth* |
| 8:45-9:30 YS * | Pilates Fusion<br>*Maya Gorodetsky* |
| 9:45-10:30 YS * | True Barre: Bala Bangle<br>*Claire Kampschroeder* |
| 10:00-10:45 MS * | Athletic Stretch<br>*Lyo Reneau* |
| 10:45-11:45 YS * | Yin Yoga (Heated)<br>*Shannon Branham* |
| 12:00-12:45 YS * | True Barre<br>*Nikita Chaudhry* |
| 12:15-1:00 MS * | Rhythmic Sculpt<br>*Cynthia San Luis* |
| 4:00-4:45 MS * | The Cut<br>*Victoria Ralston* |
| 4:15-5:00 YS * | Pilates Fusion<br>*Eka Ekong* |
| 5:00-5:45 CS * | Beats Ride<br>*Dana Brawer* |
| 5:15-6:00 YS * | Sound Meditation<br>*Pete Lee* |

## SATURDAY

| | |
|---|---|
| 8:15-9:15 YS * | Power Vinyasa (Heated)<br>*Micki Duran* |
| 8:30-9:15 MS * | Whipped!<br>*Maya Abu-Mansour* |
| 9:15-10:00 CS * | Beats Ride<br>*Colette Bowen* |
| 9:30-10:15 MS * | Stronger<br>*Jayen Wells* |
| 9:45-10:30 YS * | True Barre: Cardio<br>*Dana Perri* |
| 10:30-11:00 MS * | Athletic Stretch<br>*Jayen Wells* |
| 10:45-11:30 YS * | Pilates Mat<br>*Sharifa Bailey* |
| 11:15-12:00 MS * | Stacked<br>*Brandon Mayweather* |
| 12:30-1:15 MS * | Studio Dance: Jazz Groove<br>*Nico O'Connor* |
| 1:15-2:15 YS * | Power Vinyasa<br>*Nicolas Diiorio* |
| 1:30-2:15 MS * | Barefoot Sculpt: The Ring<br>*Jenny Geyser* |

## SUNDAY

| | |
|---|---|
| 8:00-8:50 YS * | Pilates Fusion (Heated)<br>*Devan Medrano* |
| 8:30-9:15 TR * | Precision Run®<br>*Christina Davis* |
| 9:00-9:45 MS * | Stronger<br>*Natalie Schervish* |
| 9:15-10:00 YS * | True Barre<br>*Kristyn Evelyn* |
| 10:00-10:45 MS * | MetCon3<br>*Ellie Diez* |
| 10:15-11:15 YS * | Sculpted Yoga™<br>*Kristyn Evelyn* |
| 11:15-12:00 CS * | Beats Ride<br>*Dana Brawer* |
| 12:15-1:15 YS * | Vinyasa Yoga<br>*Audrey Gentile* |
| 12:30-1:15 MS * | Best Stretch Ever<br>*Delandis McClam* |
| 4:00-5:00 YS * | Weekend Wind Down Yoga<br>*Newton Campbell* |

EQUINOX

**BURBANK**

3400 W Riverside Drive, Suite 150

BURBANK CA 91505

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:30 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

**GROUP FITNESS MANAGER**

dana.pope@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

**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.
**True Barre: Off the Barre** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

## Dance

**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.
**Studio Dance: Jazz Groove** Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.

## 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.
**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

**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.
**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 + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.
**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.

## 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.
**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.
**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 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.
**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.

## 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.
**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.
**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.