EQUINOX

PLAYA VISTA

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 *Monique Bell*
7:00-7:45	TR *	Precision Walk: Elevate *Monique Bell*
8:00-8:45	CS *	Anthem Ride *Kristen Fox*
8:15-9:00	MS *	Athletic Conditioning *Renee Max*
8:30-9:20	YS *	True Barre: Bala Bangle *Dane Sorensen*
9:15-10:00	MS *	Tabata Max *Kristen Fox*
9:30-10:20	TR *	Precision Run® *Rene Wiley*
9:30-10:30	YS *	Vinyasa Yoga *Jorge Luna*
12:15-12:45	MS *	Best Butt Ever *Simone Berry*
12:45-1:15	MS *	Upper Body Pump *Simone Berry*
4:00-4:50	YS *	True Barre (Heated) *Jillian Forster*
5:15-6:00	YS *	Pilates Rise *Jenny Geyser*
5:30-6:15	MS *	Cardio Sculpt *Jillian Forster*
6:15-7:15	YS *	Vinyasa Yoga *Jenny Geyser*
6:30-7:20	MS *	Rounds: Bags and Mitts *Titus-R'icard Baldwin*
7:30-8:15	MS *	Athletic Stretch *Titus-R'icard Baldwin*
7:30-8:30	YS *	Yin Yoga + Sound Meditation *Lizbeth Vazquez*

TUESDAY

6:15-6:30	MS *	Best Abs Ever *Marzena Janasik*
6:30-7:00	MS *	Best Butt Ever *Marzena Janasik*
6:30-7:15	TR *	Precision Run + Strength *Orlando Deral*
7:00-7:15	MS *	Upper Body Pump *Marzena Janasik*
7:00-8:00	YS *	Sculpted Yoga™ *Cici Pringle*
7:30-8:15	MS *	Stronger *Orlando Deral*
8:15-9:05	YS *	Pilates at the Barre *Pat Soley*
9:15-10:00	MS *	BootKAMP *Kupah James*
9:30-10:20	YS *	Barefoot Sculpt: The Ring *Antwan Thomas*
10:15-11:00	TR *	Precision Walk: Elevate *Kupah James*
10:30-11:20	MS *	Tai Chi *Sandra Kim*
12:15-1:10	YS *	**Pilates at the Barre** ***Susannah Hake***
5:00-5:45	YS *	True Barre: Bala Bangle *Denise Antoine*
5:15-6:00	MS *	Body Sculpt *Stephanie Carter*
5:30-6:15	TR *	**Precision Walk: Elevate** ***Kari McKillip***
6:00-7:00	YS *	Power Vinyasa (Heated) *Denise Antoine*
6:30-7:15	CS *	Beats Ride *Stephanie Carter*
6:30-7:15	MS *	Cardio Dance *Kari McKillip*
7:30-8:30	YS *	Vinyasa Yoga *Austin Hollingshead*

WEDNESDAY

6:00-6:45	MS *	Leg Day *Monique Bell*
7:00-7:45	TR *	Precision Walk: Elevate + Strength *Monique Bell*
8:00-8:45	CS *	Beats Ride *Luis Cervantes*
8:15-9:00	MS *	Cardio Sculpt *Kristen Fox*
8:30-9:20	YS *	True Barre *Jennifer Brown*
9:15-10:00	MS *	Stronger *Luis Cervantes*
9:30-10:30	YS *	Vinyasa Yoga *Jorge Luna*
12:15-12:30	MS *	Best Abs Ever *Simone Berry*
12:30-1:00	MS *	Quick HIIT *Simone Berry*
1:00-1:15	MS *	Upper Body Pump *Simone Berry*
4:00-4:45	YS *	Barefoot Sculpt: The Ring *Jillian Forster*
5:00-6:00	YS *	Vinyasa Yoga (Heated) *Jillian Forster*
5:30-6:15	MS *	Pure Strength *Titus-R'icard Baldwin*
6:15-7:15	YS *	Slow Flow Yoga *Lizbeth Vazquez*
6:30-7:15	MS *	Rounds: Boxing *Nupeir Garret*
7:30-8:15	MS *	Best Stretch Ever *Titus-R'icard Baldwin*
7:30-8:15	YS *	Sound Meditation *Lizbeth Vazquez*

THURSDAY

6:15-7:00	MS *	Body Sculpt *Amanda Taylor*
6:30-7:15	TR *	Precision Walk: Elevate + Strength *Orlando Deral*
7:00-8:00	YS *	Vinyasa Yoga *Cici Pringle*
7:30-8:15	MS *	Leg Day *Orlando Deral*
8:15-9:00	YS *	Pilates Mat *Pat Soley*
9:15-10:00	MS *	BootKAMP *Kupah James*
9:30-10:20	YS *	Barefoot Sculpt *Antwan Thomas*
10:15-11:00	TR *	Precision Walk: Elevate *Kupah James*
10:30-11:20	MS *	Tai Chi *Sandra Kim*
12:15-1:05	YS *	**Pilates Fusion** ***Pearl Fu***
5:00-5:45	YS *	Barefoot Sculpt: The Ring *Denise Antoine*
5:15-5:30	MS *	Best Abs Ever *Stephanie Carter*
5:30-6:00	MS *	Best Butt Ever *Stephanie Carter*
5:30-6:15	TR *	**Precision Walk: Elevate + Strength** ***Kari McKillip***
6:00-6:15	MS *	Upper Body Pump *Stephanie Carter*
6:00-7:00	YS *	Power Vinyasa *Denise Antoine*
6:30-7:15	CS *	THEME RIDE: *Stephanie Carter*
6:30-7:20	MS *	Stronger *Kari McKillip*
7:30-8:30	YS *	Gentle Yoga (Heated) *Austin Hollingshead*

FRIDAY

6:00-6:45	MS *	Ropes and Rowers *Simone Berry*
7:00-7:45	TR *	Precision Walk: Elevate *Simone Berry*
8:00-8:45	CS *	Beats Ride *Luis Cervantes*
8:15-9:00	MS *	Body Sculpt *Jorge Luna*
8:30-9:20	YS *	Pilates at the Barre *Jennifer Brown*
9:15-10:00	MS *	Stacked *Luis Cervantes*
9:30-10:15	TR *	Precision Run® *Rene Wiley*
9:30-10:30	YS *	Vinyasa Yoga *Jorge Luna*
10:45-11:30	MS *	Best Stretch Ever *Sara McGowan*
12:15-12:30	MS *	Upper Body Pump *Simone Berry*
12:30-1:00	MS *	Best Butt Ever *Simone Berry*
1:00-1:15	MS *	Best Abs Ever *Simone Berry*
4:00-4:45	YS *	Pilates Fusion (Heated) *Jenny Geyser*
5:00-5:55	YS *	Sunset Vinyasa Yoga (Heated) *Laurel Erilane*
5:30-6:15	MS *	Athletic Conditioning *Renee Max*
6:15-7:15	YS *	Weekend Wind Down Yoga *Jenny Geyser*
7:20-7:50	YS *	Headstrong Reset Meditation *Jenny Geyser*

SATURDAY

8:00-8:45	MS *	Whipped! *Orlando Deral*
9:00-9:45	MS *	Athletic Conditioning *Bibi Mama*
9:15-10:15	YS *	Power Vinyasa (Heated) *Denise Antoine*
9:30-10:20	CS *	Beats Ride *Dan Rappa*
10:00-10:50	MS *	Body Sculpt *Kari McKillip*
10:15-11:00	TR *	Precision Run® *Bibi Mama*
10:30-11:20	YS *	Pilates at the Barre *Denise Antoine*
11:15-12:05	MS *	Cardio Dance *Dane Sorensen*
11:30-12:45	YS *	Iyengar Yoga *Selene Ramirez*
12:15-1:00	MS *	**Best Stretch Ever** ***Laurel Erilane***

SUNDAY

8:30-9:30	YS *	Hatha Yoga *Lizbeth Vazquez*
9:00-9:50	MS *	Stronger *Alexis Harrell*
9:45-10:30	YS *	True Barre *Jenny Geyser*
10:00-10:45	MS *	Best Stretch Ever *Alexis Harrell*
10:00-10:45	TR *	Precision Walk: Elevate *Jorge Luna*
11:00-11:50	MS *	**Athletic Conditioning** ***Koni Nwaukoni***
11:00-12:15	YS *	Vinyasa Yoga *Jorge Luna*
4:00-5:15	YS *	Restorative Yoga *Cici Pringle*

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

EQUINOX

PLAYA VISTA

6181 W Centinela Avenue

CULVER CITY CA 90230

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

jorge.luna@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.
THEME RIDE: A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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.
Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.
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.
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.
Sunset Vinyasa Yoga Flow into the evening with this dynamic, breath-synced Vinyasa practice timed to the setting sun. Continuous, intentional movement builds heat and strength while linking breath to motion, helping you transition from the pace of your day into a state of calm, grounded energy.
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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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.
Tai Chi A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. 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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. An Equinox exclusive.
Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.
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.
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.

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.

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.

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.
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 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.

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.
Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.