

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:15 TR * Precision Run 30 Cooper Chou	6:30-7:15 MS * Tabata Max <i>Michael Taylor</i>	6:30-7:15 MS * Whipped! <i>TomJohn Mershon</i>	6:30-7:15 MS * Athletic Conditioning Stavros Koumbaras	7:00-7:45 YS * Pilates Mat <i>Jeffrey Morris</i>	9:00-9:50 YS * Bala Bangle Barre Burn <i>Kyla Lloyd</i>	9:30-10:15 MS * MetCon3 <i>Or Artzi</i>
7:00-7:45 MS * MetCon Monday Daniel Neale	6:45-7:30 CS * Anthem Ride Michael Keeney	7:00-7:45 CS * Beats Ride Meghan Cox	6:45-7:30 CS * Beats Ride Adam Jenkins	7:30-8:15 MS * Best Butt Ever <i>Michael Keeney</i>	9:15-10:00 MS * Athletic Conditioning <i>Antonio Hudson</i>	10:00-11:00 YS * Vinyasa Yoga <i>Robert Nguyen</i>
7:15-8:00 YS * Pilates Fusion <i>Elgin McCargo</i>	7:00-8:00 YS * Sculpted Yoga™ <i>Nicole Uribarri</i>	7:15-8:00 YS * Bala Bangle Barre Burn <i>Diane LaVon</i>	7:00-8:00 YS * Vinyasa Yoga Kumiko Buckman	7:45-8:35 TR * Precision Run + Strength Kevin Scott	9:30-10:20 TR * Precision Run® <i>Anne Berhe</i>	10:15-11:00 BR * Rounds: Boxing <i>Uriah Hurst</i>
7:30-8:00 TR * Precision Run 30 Cooper Chou	7:30-8:15 MS * The Cut <i>Sammy Tuchman</i>	7:30-8:20 TR * Precision Run® <i>Shawn Kobetz</i>	7:30-8:15 MS * Cardio Sculpt <i>Marie Jasmin</i>	8:00-8:45 YS * Barre Beyond <i>Kyla Lloyd</i>	9:45-10:30 BR * Rounds: Pro <i>Jermaine Bailey</i>	10:30-11:15 CS * Anthem Ride <i>Or Artzi</i>
7:45-8:30 BR * Rounds: Boxing Alexei Kuznetsov	7:45-8:35 TR * Precision Run® <i>Michael Keeney</i>	7:45-8:30 BR * Rounds: Pro <i>Khaled Zeidan</i>	7:45-8:15 TR * Precision Run 30 <i>Nora Bisharat</i>	8:30-9:15 MS * MetCon3 <i>Michael Keeney</i>	10:00-10:50 CS * Beats Ride Andres Quintero	10:45-11:30 MS * Ultimate Resistance Alexander
8:15-9:00 MS * Cardio Sculpt <i>Elgin McCargo</i>	8:00-8:45 CS * Beats Ride Jonathan Carlucci	8:15-9:00 MS * Stacked <i>Bransen Gates</i>	8:00-8:50 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	9:15-10:00 YS * Bala Bangle Barre Burn <i>Khaleah London</i>	10:15-11:00 MS * Cardio Dance <i>Antonio Hudson</i>	11:30-12:15 YS * Bala Bangle Barre Burn <i>Or Artzi</i>
9:15-10:05 MS * Stronger <i>TomJohn Mershon</i>	8:15-9:00 YS * Bala Bangle Barre Burn <i>Andy Santana</i>	8:30-9:15 YS * Barre Beyond <i>Nicole Uribarri</i>	8:15-9:00 YS * Bala Bangle Barre Burn <i>Genevieve Gordon</i>	10:15-11:05 TR * Precision Walk: Elevate <i>Khaleah London</i>	10:30-11:30 YS * Vinyasa Yoga <i>Ali Cramer</i>	12:00-12:45 MS * Whipped! Alexander
9:30-10:20 YS * Bala Bangle Barre Burn <i>Christopher Howard</i>	9:15-10:00 MS * Stacked <i>Jeff Robinson</i>	9:30-10:20 YS * Pilates Rise <i>Taylor Phillips</i>	8:30-9:00 TR * Precision Run 30 <i>Nora Bisharat</i>	10:30-11:15 MS * Zumba® <i>Diego Chauca</i>	10:45-11:30 BR * Rounds: Boxing <i>Jermaine Bailey</i>	12:45-1:45 YS * Power Vinyasa Erica Chen
10:15-11:05 CS * Precision Ride Ev Autio	9:30-10:30 YS * Slow Flow Yoga <i>Dyan Tsiumis</i>	10:30-11:15 MS * Sculpt <i>Esteban Deleon</i>	9:15-10:15 YS * Vinyasa Yoga <i>Karla Beltchenko</i>	12:15-1:00 CS * Beats Ride Brandon Green	11:15-12:00 MS * Best Butt Ever <i>Abbey Hunt</i>	1:00-1:45 CS * 1:00-1:45 CS * Beats Ride D Gunnz
10:30-11:20 MS * Cardio Dance Esteban Deleon	10:00-10:15 MS * Best Abs Ever <i>Jeff Robinson</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Elgin McCargo</i>	9:30-10:20 MS * Athletic Conditioning <i>TomJohn Mershon</i>	1:15-2:15 YS * Vinyasa Yoga <i>Serena Tom</i>	12:00-12:15 MS * Best Abs Ever <i>Abbey Hunt</i>	1:15-2:00 BR * Rounds: Boxing <i>Alexei Kuznetsov</i>
12:15-1:00 MS * Best Butt Ever <i>David Robert</i>	11:00-11:45 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	1:15-2:00 BR * Rounds: Boxing <i>Jermaine Bailey</i>	11:00-11:45 MS * Cardio Sculpt <i>Calvin Wiley</i>	2:00-2:50 MS * Stronger <i>Esteban Deleon</i>	12:00-12:50 YS * Pilates Rise <i>Chad Balen</i>	3:00-4:00 YS * Yin Yoga Meditation <i>Kira McCarthy</i>
1:15-2:00 YS * Pilates Mat <i>Taylor Phillips</i>	12:15-1:00 CS * Beats Ride Nadia Zaki	4:00-5:00 YS * Sculpted Yoga™ <i>Michael J. Clark</i>	12:00-12:45 YS * Power Vinyasa Dorian Shorts	4:00-4:50 CS * Precision Ride Danielle Wettan	12:30-1:20 MS * Stronger <i>Justin Goldman</i>	5:00-6:00 YS * Vinyasa Yoga <i>Serena Tom</i>
2:00-2:45 MS * MetCon Monday <i>Jeff Robinson</i>	1:15-2:15 YS * Inner Power Flow <i>Nadia Zaki</i>	5:15-6:05 MS * Whipped! Shaun Anthony	12:15-1:00 MS * 1:15-2:00 YS * Stacked Eddie Carrington	4:30-5:15 BR * Rounds: Boxing Circuit <i>Ahmad Simmons</i>	1:15-2:15 YS * Sculpted Yoga™ <i>Andy Santana</i>	
4:00-4:45 YS * Bala Bangle Barre Burn <i>Brian Slaman</i>	4:00-4:50 YS * Pilates Rise <i>Christopher Howard</i>	5:30-6:30 YS * Vinyasa Yoga <i>Jena Maenius</i>	1:15-2:00 YS * Pilates Mat Brian Slaman	5:00-5:45 MS * MetCon3 <i>John Cianca</i>	3:00-3:50 YS * Pilates Mat <i>Jake Thereault</i>	
5:30-6:15 MS * Powerstrike! <i>Ilaria Montagnani</i>	5:15-6:00 YS * EQX Barre Burn <i>Adam B</i>	5:45-6:30 BR * Rounds: Boxing <i>Uriah Hurst</i>	4:00-5:00 YS * Slow Flow Yoga <i>Dana Slamp</i>	5:15-6:15 YS * Vinyasa Yoga <i>Emma Poole</i>		
5:45-6:30 YS * Vinyasa Yoga <i>Robert Nguyen</i>	5:30-6:15 MS * Stronger <i>John Peterson</i>	6:00-6:50 TR * Precision Run® <i>Evan Wood</i>	5:15-6:00 YS * Pilates Fusion <i>Elgin McCargo</i>	6:15-7:00 MS * Cardio Dance <i>Antonio Hudson</i>		
6:00-6:45 BR * Rounds: Boxing <i>Ahmad Simmons</i>	5:45-6:30 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	6:15-7:00 CS * Beats Ride Meghan Cox	5:30-6:15 MS * Cardio Dance <i>Antonio Hudson</i>	6:30-7:15 YS * Sonic Meditation <i>Emma Poole</i>		
6:15-7:05 CS * Beats + Bands Ride <i>Jacqueline Kouri</i>	6:15-7:00 CS * Beats Ride D Gunnz	6:30-7:15 MS * MetCon3 <i>Alexander</i>	5:45-6:30 BR * Rounds: Boxing <i>Jermaine Bailey</i>			
6:30-7:15 MS * Atletica <i>Ilaria Montagnani</i>	6:30-7:15 MS * Cardio Sculpt <i>Adam B</i>	7:00-7:45 YS * Pilates Mat <i>Jeffrey Morris</i>	6:30-7:15 MS * Tabata Max <i>Antonio Hudson</i>			
6:30-7:20 TR * Precision Run® <i>JP Prishwalko</i>	6:45-7:15 TR * Precision Run 30 <i>Justin Goldman</i>	7:30-8:15 MS * Best Butt Ever <i>Meghan Cox</i>	6:45-7:45 YS * Vinyasa Yoga <i>Johan Montijano</i>			
7:00-7:45 YS * Bala Bangle Barre Burn <i>Karla Beltchenko</i>	6:45-7:45 YS * Power Vinyasa <i>Kumiko Buckman</i>					
7:30-8:00 MS * Best Abs Ever <i>JP Prishwalko</i>	7:15-8:05 BR * Muay Thai <i>Khaled Zeidan</i>					
	7:30-8:15 MS * Stacked <i>Justin Goldman</i>					

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FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 08:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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

Inner Power Flow Created by Nadia Zaki, this challenging class focuses on core flexibility and strength for a full-body workout that brings connection and calm.

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.

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.

Athletic Training

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.

Atletica A weight training workout using traditional power moves created by global fitness expert, Iliara Montagnani. Build and sculpt muscle and solidify a strong core.

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.

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.

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.

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.

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.

Ultimate Resistance An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.

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

Bala Bangle Barre Burn This off-the-barre 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.

Barre Beyond Level up your barre experience 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.

EQX Barre Burn 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.

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.

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.

Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Boxing and Kickboxing

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Iliara Montagnani. Punch and kick to improve speed, balance and coordination.

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.

Rounds: Boxing Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

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.

Stretch and Recovery

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

Sculpt

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.

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.

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.