

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * MetCon Monday <i>Molly Day</i>	6:00-6:45 YS * True Barre <i>Angela Joy</i>	6:15-7:00 YS * Pilates Fusion Lipe	6:00-6:45 YS * Vinyasa Yoga (Heated) <i>Caitlyn Casson</i>	6:45-7:30 MS * Body Sculpt <i>Nicole Uribarri</i>	8:15-9:00 YS * Pilates Mat <i>Caroline Strong</i>	8:45-9:45 YS * Vinyasa Yoga <i>Johan Montijano</i>
7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	6:30-7:15 MS * Ropes and Rowers <i>TomJohn Mershon</i>	6:45-7:30 MS * Stronger <i>Esteban Deleon</i>	6:30-7:15 MS * Core6 Robert Burke	7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Alexa Kerner</i>	8:45-9:45 MS * Zen Combat <i>Violet Zaki</i>	9:30-10:15 MS * Cardio Sculpt <i>Elgin McCargo</i>
7:45-8:35 TR * Precision Run@ <i>Amy Amato</i>	7:00-7:45 YS * Pilates Mat <i>Caroline Strong</i>	7:00-7:45 CS * Beats Ride <i>Gater</i>	6:45-7:30 CS * Beats Ride <i>Sami Haendler</i>	7:45-8:30 MS * Stronger <i>Shaun Anthony</i>	9:00-9:50 CL * Precision Run Club (Outdoor) TomJohn Mershon	10:00-11:00 YS * Power Vinyasa <i>Kristina Erikson</i>
8:00-8:45 MS * Cardio Sculpt <i>Molly Day</i>	7:15-8:05 TR * Precision Run@ <i>Lindsay Carson</i>	7:15-8:15 YS * Vinyasa Yoga <i>Jena Maenius</i>	7:00-7:45 YS * True Barre (Heated) <i>Cameron Norsworthy</i>	7:45-8:35 TR * Precision Run@ <i>Eddie Carrington</i>	9:15-10:00 YS * Barefoot Sculpt (Heated) <i>Alyssa Sarnoff</i>	10:30-11:15 CS * Beats Ride <i>Meghan Cox</i>
8:30-9:15 YS * Pilates Fusion <i>Elise Shim</i>	7:30-8:15 MS * Superset Athlete <i>TomJohn Mershon</i>	7:45-8:35 TR * Precision Run@ <i>Jess Bieda</i>	7:15-8:05 TR * Precision Run + Strength <i>Ney Melo</i>	8:00-8:45 CS * Beats Ride Mario Martinez	YS * 9:30-10:15 CS * Beats Ride <i>Nadia Zaki</i>	11:15-12:00 YS * Pilates Fusion <i>Elgin McCargo</i>
9:00-9:45 MS * Cardio Dance: 305 Dance <i>LaDarius Lee</i>	7:45-8:30 CS * Beats Ride Meghan Cox	8:00-8:45 MS * Body Sculpt <i>Bonnie Flannery</i>	7:30-8:15 MS * MetCon3 <i>Michael Taylor</i>	8:15-9:00 YS * Barefoot Sculpt (Heated) <i>Nicole Uribarri</i>	9:45-10:35 TR * Precision Run@ <i>Daxton Bloomquist</i>	11:45-12:30 MS * Ropes and Rowers <i>Meghan Cox</i>
9:30-10:15 YS * Pilates at the Barre <i>Sarah Marchetti Gleim</i>	8:00-8:45 YS * Pilates Rise (Heated) <i>Colleen Wright</i>	8:30-9:15 YS * Barefoot Sculpt <i>Shelby Finnie</i>	8:00-8:45 YS * Pilates Fusion <i>Cameron Norsworthy</i>	9:00-9:45 MS * Athletic Conditioning <i>Eddie Carrington</i>	10:00-10:45 MS * Athletic Conditioning <i>Violet Zaki</i>	12:00-12:50 TR * Precision Run@ <i>Anne Berhe</i>
10:30-11:15 YS * Barefoot Sculpt <i>Alexis Campbell</i>	8:30-9:15 MS * Body Sculpt <i>Nicole Uribarri</i>	9:00-9:45 MS * Stacked Bonnie Flannery	8:30-9:20 MS * Stronger <i>Bransen Gates</i>	9:15-10:15 YS * Power Vinyasa (Heated) Erica Chen	10:15-11:15 YS * Vinyasa Yoga (Heated) <i>Jamison Goodnight</i>	12:15-1:00 YS * True Barre <i>Elgin McCargo</i>
12:15-1:00 YS * Pilates Fusion (Heated) <i>Bianca Crystal</i>	9:00-10:00 YS * Power Vinyasa (Heated) <i>Lindsay Carson</i>	9:30-10:15 YS * Pilates Mat <i>Shawn Kobetz</i>	9:00-10:00 YS * Power Vinyasa <i>Stephanie Schwartz</i>	10:30-11:15 YS * Pilates at the Barre <i>Kyla Lloyd</i>	11:00-12:00 MS * Inner Warrior <i>Nadia Zaki</i>	1:00-1:50 MS * Stronger <i>Dario Torres</i>
12:30-1:15 MS * Athletic Conditioning <i>Violet Zaki</i>	10:30-11:15 YS * Pilates Fusion (Heated) <i>Rachel Genise</i>	10:45-11:45 YS * Power Vinyasa <i>Rose Firouzbakht</i>	10:30-11:20 YS * Pilates Rise <i>Elgin McCargo</i>	12:15-1:15 YS * Vinyasa Yoga <i>Mary Home</i>	11:15-12:00 CS * Beats Ride <i>Betty Kasper</i>	1:15-2:05 YS * Pilates Rise <i>Kylie Treacy</i>
1:15-2:15 YS * Power Vinyasa (Heated) <i>Lindsay Carson</i>	12:00-12:45 YS * True Barre Or Artzi	12:00-12:45 YS * True Barre: Bala Bangle <i>Brian Slaman</i>	12:00-12:45 YS * Pilates Mat <i>Colleen Wright</i>	12:30-1:20 MS * Body Sculpt <i>Michelle Sim</i>	11:30-12:45 YS * Power Vinyasa (L2) (Heated) <i>Lindsay Carson</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Kristin Bilella</i>
2:30-3:30 YS * Vinyasa Yoga (Heated) <i>Emma Poole</i>	1:15-2:00 YS * Pilates at the Barre <i>Elgin McCargo</i>	12:30-1:20 MS * Best Butt Ever <i>Esteban Deleon</i>	1:15-2:00 YS * Pilates at the Barre <i>Colleen Wright</i>	1:30-2:30 YS * Sculpted Yoga™ <i>Alyssa Sarnoff</i>	12:15-1:00 MS * Body Sculpt <i>Alyssa Sarnoff</i>	5:30-6:30 YS * Weekend Wind Down Yoga <i>Anubha Elaine Boudouris</i>
4:00-4:45 YS * Pilates Fusion <i>Andy Santana</i>	2:30-3:15 YS * Barefoot Sculpt (Heated) <i>Annalise Northway</i>	2:30-3:15 YS * Pilates at the Barre <i>Kyla Lloyd</i>	2:30-3:15 YS * Pilates Fusion (Heated) <i>Becca Wood</i>	2:45-3:30 YS * Pilates Mat <i>Erin Giordano</i>	1:00-2:00 YS * Slow Flow Yoga (Heated) <i>Ali Cramer</i>	
4:15-5:00 MS * MetCon3 <i>Daxton Bloomquist</i>	4:00-5:00 YS * Power Vinyasa (Heated) <i>Nadia Zaki</i>	4:00-5:00 YS * Vinyasa Yoga <i>Emma Poole</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Ali Cramer</i>	4:00-4:45 YS * Pilates Fusion <i>Erin Ginn</i>	1:15-2:00 MS * Stronger <i>Jaclyn Michelle</i>	
5:15-6:00 MS * Core6 Team Equinox	4:15-5:00 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	4:15-5:00 MS * Athletic Conditioning <i>Shaun Anthony</i>	4:15-5:00 MS * Best Stretch Ever <i>Robert Nguyen</i>	4:15-5:00 MS * Cardio Sculpt <i>Makena Diehl</i>	2:15-3:00 MS * Cardio Dance: 305 Dance <i>LaDarius Lee</i>	
5:30-6:15 YS * Power Vinyasa <i>Lindsay Carson</i>	5:15-5:45 MS * ABsession <i>Violet Zaki</i>	5:15-6:00 MS * Cardio Sculpt <i>Molly Day</i>	5:15-6:00 MS * Stronger <i>Dario Torres</i>	5:15-6:00 MS * MetCon3 <i>Smita Nalluri</i>	2:30-3:15 YS * Pilates Mat (Heated) <i>Khaleah London</i>	
5:45-6:35 TR * Precision Run@ <i>Khaleah London</i>	5:30-6:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	5:30-6:15 YS * Cardio Sculpt <i>Molly Day</i>	5:30-6:45 YS * Power Vinyasa (Heated) Karla Beltchenko	5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Kira McCarthy</i>		
6:00-6:45 CS * Beats Ride <i>Michael MacNeal</i>	5:45-6:35 TR * Precision Run@ <i>Lauren Anthony</i>	5:45-6:35 TR * Precision Run@ <i>Waz Ashayer</i>	6:15-7:00 MS * Body Sculpt <i>Emma Vielbig</i>	5:30-6:20 TR * Precision Run@ <i>Jess Bieda</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Kumiko Buckman</i>	
6:30-7:15 MS * Athletic Conditioning <i>David Robert</i>	6:00-7:00 MS * Zen Combat <i>Violet Zaki</i>	6:15-7:00 CS * Beats Ride <i>Cara Leggio</i>	7:30-8:15 YS * Pilates Fusion <i>Ash Kaya</i>	5:45-6:30 CS * THEME RIDE: EDM x Hip Hop <i>Jenny Sun</i>		
6:45-7:30 YS * True Barre <i>Khaleah London</i>	6:15-7:00 CS * Beats Ride <i>Betty Kasper</i>	6:30-7:30 YS * Power Vinyasa (Heated) <i>Victoria Gibbs</i>		6:30-7:15 YS * Yin Yoga (Heated) <i>Kira McCarthy</i>		
7:30-8:15 MS * Best Butt Ever <i>David Robert</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	6:45-7:30 MS * MetCon3 <i>Waz Ashayer</i>				
8:00-9:00 YS * Vinyasa Yoga <i>Caitlyn Casson</i>	7:15-8:00 MS * Stronger <i>Lauren Anthony</i>	7:45-8:30 MS * Body Sculpt <i>Elgin McCargo</i>				
	7:45-8:30 YS * Pilates Fusion <i>Bret Yamanaka</i>	8:00-9:00 YS * Slow Flow Yoga (Heated) <i>Johan Montijano</i>				

EQUINOX

BOND STREET

0 Bond Street

NEW YORK NY 10012

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

lindsay.carson@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CL Club Lobby

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.

THEME RIDE: EDM x Hip Hop 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.



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 Club Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

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.



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.

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.



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 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.

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.

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.

Superset Athlete This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.



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: 305 Dance Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.



Boxing

Inner Warrior Find the Warrior within through strength in knowledge of body and mind. Nadia Zaki leads a practice that requires a commitment from your mind and body. It is a fusion of styles inspired from multiple martial art forms and yoga practices, all of which are brought to you in a pure fitness format.

Zen Combat Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie burn, Zaki-Style.



Regeneration

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.



Sculpt

Absession A dynamic core conditioning class with Violet Zaki. Strengthen, stabilize, and fire up your abs, back, and deep core with precise, powerful movements. Stand taller and walk out stronger than before.

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

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.