

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 YS * Pilates Fusion <i>Cameron Norsworthy</i>	6:45-7:30 MS * MetCon3 <i>Stephanie Strine</i>	6:45-7:45 YS * Vinyasa Yoga (HEATED) <i>Dee Holliday</i>	6:45-7:30 MS * Stacked <i>Chayanne Joel</i>	7:00-7:45 MS * The Cut Sammy Tuchman	9:15-10:00 YS * True Barre JP Maddock	9:15-10:00 MS * MetCon3 <i>Chayanne Joel</i>
7:15-8:00 MS * Stacked <i>Tim Flores</i>	7:00-7:45 CS * Beats Ride <i>David Donofrio</i>	7:00-7:45 CS * Beats Ride <i>Chayanne Joel</i>	7:15-8:00 YS * Pilates Mat (HEATED) <i>Kylie Traegy</i>	7:15-8:15 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	9:30-10:15 MS * Stronger <i>Daniel Neale</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>
7:30-8:00 TR * Precision Run 30 <i>Bryce Wood</i>	7:15-8:00 YS * True Barre <i>Elgin McCargo</i>	7:15-8:00 MS * Stronger <i>Elsa Saatela</i>	7:45-8:35 TR * Precision Run® <i>Elsa Saatela</i>	7:45-8:30 CS * Beats Ride <i>David Donofrio</i>	10:15-11:30 YS * Vinyasa Yoga (HEATED) <i>Jess Anson</i>	10:15-11:00 CS * Beats Ride <i>Chayanne Joel</i>
8:00-9:00 YS * Sculpted Yoga™ <i>Jess Anson</i>	7:45-8:35 TR * Precision Run® <i>Flaminia Fanale</i>	7:30-8:20 TR * Precision Run® <i>Bryce Wood</i>	8:00-8:30 MS * Upper Body Pump <i>Tim Flores</i>	8:00-8:45 MS * Athletic Conditioning <i>Daniel Neale</i>	10:30-11:15 MS * Tabata Max <i>Daniel Neale</i>	10:30-11:15 MS * Best Butt Ever <i>Molly Day</i>
8:15-8:45 MS * Best Butt Ever <i>Tim Flores</i>	8:15-9:00 MS * Cardio Sculpt <i>Elgin McCargo</i>	8:00-8:50 YS * Barre (HEATED) <i>Manon Hallay</i>	8:30-9:00 MS * Best Butt Ever <i>Tim Flores</i>	8:30-9:15 YS * Pilates Rise <i>Manon Hallay</i>	11:00-12:00 CS * Beats + Bands Ride <i>Betsy Mallonee</i>	10:45-11:30 YS * True Barre <i>JP Maddock</i>
8:15-8:45 TR * Precision Run 30 <i>Bryce Wood</i>	8:30-9:30 YS * Vinyasa Yoga <i>Damien Alexander</i>	8:15-9:00 MS * MetCon3 <i>Chayanne Joel</i>	8:30-9:30 YS * Vinyasa Yoga <i>Kira McCarthy</i>	9:30-10:15 YS * Barre <i>Manon Hallay</i>		
8:45-9:15 MS * Tabata Cardio 30 <i>Tim Flores</i>	9:15-10:00 MS * Athletic Conditioning <i>Bransen Gates</i>	9:15-10:00 YS * Pilates Fusion <i>Katherine Menna</i>	9:15-10:00 MS * Stronger <i>Tim Flores</i>	12:00-1:00 YS * Power Vinyasa <i>Dorian Shorts</i>	11:30-12:20 MS * Whipped! <i>Tim Flores</i>	11:30-12:15 MS * MWM: Cardio Sculpt <i>Molly Day</i>
9:30-10:15 YS * Pilates Fusion <i>Elgin McCargo</i>	10:30-11:15 YS * Pilates Fusion <i>Alexis Sweeney</i>	10:30-11:30 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	10:30-11:15 YS * Barre <i>Cameron Norsworthy</i>	12:30-1:15 MS * Stronger <i>Justin Goldman</i>	11:45-12:35 TR * Precision Run® <i>Elsa Saatela</i>	11:45-1:00 YS * Vinyasa Yoga <i>Patrick Millard</i>
10:30-11:15 YS * Trilogy Barre <i>Elgin McCargo</i>				1:15-1:30 MS * Best Abs Ever <i>Justin Goldman</i>	12:00-12:45 YS * Pilates Mat <i>Abby Hogue</i>	1:15-2:00 YS * Pilates Mat <i>Christopher Howard</i>
12:15-1:30 YS * Vinyasa Yoga (HEATED) <i>Babette Godefroy</i>	12:15-1:00 MS * Stacked <i>Justin Goldman</i>	12:15-1:00 YS * Pilates Mat <i>Lilly Joergensen</i>	12:15-1:05 MS * MetCon3 <i>Shaun Anthony</i>	3:00-3:45 YS * Trilogy Barre <i>Elgin McCargo</i>	12:30-1:15 MS * MetCon3 <i>Tim Flores</i>	2:30-3:45 YS * Power Vinyasa (HEATED) <i>Babette Godefroy</i>
12:30-1:15 MS * Stronger <i>Isabelle Luongo</i>	1:15-2:15 YS * Sculpted Yoga™ <i>Megan Treiber</i>	12:30-1:15 MS * Best Butt Ever <i>Natasha Ross</i>	1:15-2:00 YS * Trilogy Barre <i>Kyla Lloyd</i>		1:00-2:00 YS * Power Vinyasa <i>Dee Holliday</i>	4:15-5:00 YS * Sonic Meditation <i>Babette Godefroy</i>
1:15-1:30 MS * Best Abs Ever <i>Isabelle Luongo</i>	4:30-5:20 YS * Amplified Vinyasa (HEATED) <i>Rika Henry</i>	4:00-4:45 YS * Pilates Rise <i>Lipe</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Dee Holliday</i>	4:00-4:45 MS * Barre Beyond <i>Elgin McCargo</i>	1:30-2:20 MS * Cardio Sculpt <i>Alex Fitzgibbon</i>	5:00-5:45 MS * Cardio Dance <i>Shmulik Stell</i>
4:00-4:45 YS * Pilates Mat <i>Jake Thereault</i>	5:00-5:45 MS * Stronger <i>Tim Flores</i>	4:45-5:30 MS * Sculpt <i>Kat Brunner</i>	5:45-6:30 YS * Pilates Fusion <i>Alec Hynes</i>	4:15-5:15 YS * Yin Yoga Meditation (HEATED) <i>Kevin Bigger</i>	2:15-3:00 YS * Pilates Fusion <i>Abby Hogue</i>	5:15-6:00 YS * Pilates Fusion <i>Angie Arias</i>
4:45-5:30 MS * Barre Beyond <i>Bransen Gates</i>	5:45-6:30 YS * Barre <i>Katherine Menna</i>	5:00-6:00 YS * Vinyasa Yoga <i>Patrick Millard</i>	6:00-6:45 CS * Beats Ride <i>Aaron Albert</i>	5:30-6:15 YS * Pilates Mat (HEATED) <i>Claire Danese</i>	2:20-2:35 MS * Best Abs Ever <i>Alex Fitzgibbon</i>	6:15-7:15 Yoga <i>Jacob Reynolds</i>
5:00-6:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	6:00-6:45 MS * Tabata Max <i>Tim Flores</i>	5:45-6:30 MS * Stronger <i>David Miller</i>	6:15-7:00 MS * MetCon3 <i>Peyton Royal</i>	5:45-6:35 MS * MetCon3 <i>Bonnie Flannery</i>	3:15-4:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	
5:45-6:30 MS * MetCon Monday <i>Esteban Deleon</i>	6:15-7:00 CS * Beats Ride <i>Cecilia Lopez</i>	6:00-6:45 CS * Anthem Ride <i>Kidd Solomon</i>	6:45-7:45 YS * Yin Yoga <i>Megan Treiber</i>	6:30-7:45 YS * Vinyasa Yoga (HEATED) <i>Natalie Perez</i>	4:15-5:00 MS * Athletic Stretch <i>Caitlyn Casson</i>	
6:00-6:50 CS * Beats Ride <i>Betsy Mallonee</i>	6:45-7:45 YS * Vinyasa Yoga <i>Lize Keefer</i>	6:15-7:05 TR * Precision Run® <i>Elsa Saatela</i>	7:15-8:05 MS * Cardio Sculpt <i>Shelby Finnie</i>		4:30-5:15 YS * Trilogy Barre <i>Kyla Lloyd</i>	
6:15-7:05 TR * Precision Run® <i>Kara Dudley</i>	7:00-7:30 MS * Best Butt Ever <i>Tim Flores</i>	6:30-7:15 MS * True Barre <i>Katie Ippolito</i>	8:05-8:20 MS * Best Abs Ever <i>Shelby Finnie</i>			
6:30-7:15 YS * Silhouette <i>Alexis Sweeney</i>	7:30-8:00 MS * Upper Body Pump <i>Tim Flores</i>	6:45-7:30 MS * Athletic Conditioning <i>David Miller</i>	8:15-9:00 YS * Barre <i>Manon Hallay</i>			
6:45-7:30 MS * Stronger <i>Esteban Deleon</i>	8:15-9:00 YS * Pilates Fusion <i>Angie Arias</i>	7:30-8:30 YS * Slow Flow Yoga <i>Jacob Reynolds</i>				
7:30-8:45 YS * Power Vinyasa <i>Lizzie Falkner</i>						
7:45-8:35 MS * Cardio Sculpt <i>Betsy Mallonee</i>						
8:35-8:50 MS * Best Abs Ever <i>Betsy Mallonee</i>						

EQUINOX

WILLIAMSBURG

246 Bedford Ave

BROOKLYN NY 11211

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 08:00 PM

GROUP FITNESS MANAGER

betsy.mallonee@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 + 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.

Running

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.

Yoga

Amplified Vinyasa (HEATED) Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

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.

Power Vinyasa (HEATED) 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.

Vinyasa Yoga (HEATED) 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 (HEATED) 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.

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 Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

Barre (HEATED) A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

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.

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 Mat (HEATED) 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.

Boxing and Kickboxing

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

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.

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.

MWM: Cardio Sculpt Moves With Molly, created by Molly Day, is a rhythmic workout using light-medium dumbbells and gliders where each new song has its own individual choreography. Challenge yourself both physically and mentally, losing yourself in the music. Get ready to join the movement!

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.

Silhouette Silhouette by NYC fitness pro Alexis Sweeney offers a contemporary take on a low impact, high-intensity Barre class that boosts muscular endurance, balance, stamina, strength, and flexibility. Alexis's seamless moves and creative sequencing provides a distinct challenge leaving you eager for more.

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.