

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS* MetCon Monday <i>Peyton Royal</i>	6:15-7:00 MS* Tabata Max <i>Chayanne Joel</i>	6:30-7:15 MS* Stacked <i>Stephanie Strine</i>	6:15-7:00 MS* Stronger <i>Elsa Saatela</i>	6:45-7:30 YS* Pilates Mat <i>Dana Tarasavage</i>	8:30-9:15 MS* Best Butt Ever Tim Flores	9:45-10:30 MS* MetCon3 <i>Gerren Liles</i>
7:00-7:50 TR* Precision Run® <i>Bryce Wood</i>	6:30-7:30 YS* Vinyasa Yoga (HEATED) <i>Jessie Wren</i>	6:45-7:30 YS* Barre (HEATED) <i>Nina Marchione</i>	6:30-7:30 YS* Slow Flow Yoga (HEATED) <i>Kevin Bigger</i>	7:00-7:30 TR* Precision Run 30 <i>Evan Wood</i>	9:00-10:00 YS* Vinyasa Yoga <i>Lizzie Falkner</i>	10:00-10:45 CS* Beats Ride <i>Chayanne Joel</i>
7:30-8:15 MS* Stronger <i>Peyton Royal</i>	7:15-8:00 MS* Rhythmic Sculpt <i>LaDarius Lee</i>	7:00-7:50 TR* Precision Run® <i>Taj Harris Lee</i>	7:15-8:00 MS* MetCon3 <i>Elsa Saatela</i>	7:30-8:15 MS* Best Butt Ever <i>Tim Flores</i>	9:30-10:15 MS* Stronger <i>Tim Flores</i>	10:30-11:15 YS* Pilates Mat <i>Angie Arias</i>
7:45-8:45 YS* Vinyasa Yoga (HEATED) <i>Dee Holliday</i>	7:30-8:15 CS* Beats Ride <i>Chayanne Joel</i>	7:15-8:00 CS* Beats Ride <i>Colleen Wright</i>	7:30-8:15 CS* Beats Ride <i>Davie Donofrio</i>	7:45-8:15 TR* Precision Run 30 <i>Evan Wood</i>	9:45-10:30 CS* Beats Ride Leah Clark	10:45-11:35 MS* Whipped! <i>Gerren Liles</i>
9:15-10:00 YS* Pilates Fusion <i>Sammy Tuchman</i>	8:00-8:45 YS* True Barre <i>Kyla Lloyd</i>	7:30-8:20 MS* Ropes and Rowers <i>Keenen Johns-Harris</i>	8:00-8:45 YS* Pilates Rise (HEATED) <i>Colleen Wright</i>	7:45-8:45 YS* Power Vinyasa <i>Dana Tarasavage</i>	10:00-10:50 TR* Precision Run® <i>Stephanie Strine</i>	11:30-12:30 YS* Sculpted Yoga™ (HEATED) <i>Kumiko Buckman</i>
12:30-1:15 MS* Best Butt Ever Kyle White	8:15-9:00 MS* MetCon3 <i>DeVonte McCray</i>	7:45-8:45 YS* Sculpted Yoga™ (HEATED) <i>Stephanie Strine</i>	8:15-9:05 MS* Rounds: Boxing Circuit <i>Khaled Zeidan</i>	9:00-9:45 MS* Tabata Max <i>Tim Flores</i>	10:00-10:50 TR* Precision Run® <i>Stephanie Strine</i>	12:00-12:45 MS* Cardio Sculpt <i>Shelby Finnie</i>
1:15-2:00 YS* Silhouette <i>Alexis Sweeney</i>	9:00-10:00 YS* Sculpted Yoga™ <i>Kyla Lloyd</i>	9:00-9:45 MS* Rhythmic Sculpt <i>LaDarius Lee</i>	9:00-10:00 YS* Vinyasa Yoga <i>Patrick Millard</i>	9:15-10:00 YS* True Barre <i>Katie Ippolito</i>	10:30-11:15 MS* MetCon3 <i>Joey Ledonio</i>	1:00-1:45 YS* Barefoot Sculpt Shelby Finnie
3:30-4:15 YS* Pilates Mat (HEATED) Alexis Sweeney	9:30-10:15 MS* Cardio Dance: 305 Dance <i>Raella Rayside</i>	10:15-11:00 YS* Best Stretch Ever Rika Henry	12:00-1:00 YS* Power Vinyasa <i>Lizzie Falkner</i>	12:15-1:00 MS* Stacked <i>Diego Guevara</i>	11:00-12:00 CS* Beats + Bands Ride: Uncensored <i>Betsy Mallonee</i>	2:00-3:00 YS* Weekend Wind Down Yoga <i>Team Equinox</i>
4:30-5:15 YS* Best Stretch Ever (HEATED) <i>Lauren Anthony</i>	12:00-12:45 YS* True Barre Katie Ippolito	12:15-1:00 MS* Pilates Mat (HEATED) <i>Jake Thereault</i>	1:15-2:00 YS* Pilates Mat Claire Danese	1:15-2:00 YS* Best Stretch Ever (HEATED) <i>Diego Guevara</i>	11:30-12:20 MS* Circuit Training <i>Joey Ledonio</i>	3:30-4:15 YS* Pilates Fusion Alex Dill
5:30-6:15 MS* Stronger <i>Lauren Anthony</i>	12:15-1:00 MS* Athletic Conditioning <i>Team Equinox</i>	12:30-1:20 MS* Rounds: Boxing Circuit <i>Khaled Zeidan</i>	4:30-5:15 YS* Barre Sammy Tuchman	4:30-5:15 MS* Cardio Dance: 305 Dance <i>Dylan Contreras</i>	11:45-12:45 YS* Power Vinyasa <i>Caitlyn Casson</i>	4:30-5:30 YS* Vinyasa Yoga <i>Katey Lewis</i>
5:45-6:30 YS* Pilates Fusion <i>Elgin McCargo</i>	1:15-2:15 YS* Vinyasa Yoga <i>Patrick Millard</i>	4:30-5:30 YS* Vinyasa Yoga <i>Kristin Condon</i>	5:30-6:30 YS* Vinyasa Yoga <i>Natalie Perez</i>	5:30-6:15 YS* Pilates Fusion <i>Elgin McCargo</i>	12:45-1:35 MS* Cardio Sculpt <i>Betsy Mallonee</i>	5:45-6:30 YS* Sonic Meditation <i>Katey Lewis</i>
6:00-6:50 CS* Beats Ride <i>Betsy Mallonee</i>	4:30-5:15 YS* Pilates Fusion <i>Katherine Menna</i>	5:30-6:15 MS* MetCon3 <i>Joey Ledonio</i>	6:00-6:45 MS* Beats Ride <i>Betsy Mallonee</i>	6:15-7:05 MS* Rounds: Boxing <i>Marshall Brockley</i>	1:15-2:00 YS* Best Stretch Ever Marissa Myers	
6:30-7:15 MS* Stacked <i>Bransen Gates</i>	5:00-5:45 MS* Body Sculpt <i>Jose Rivera Jr.</i>	5:45-6:30 YS* Barre <i>Katherine Menna</i>	6:15-7:05 MS* Whipped! <i>Tim Flores</i>	6:15-7:05 MS* Pilates Rise <i>Claire Goldes</i>	1:50-2:20 MS* Best Abs Ever Betsy Mallonee	
6:45-7:45 YS* Vinyasa Yoga <i>Patrick Millard</i>	5:30-6:30 YS* Power Vinyasa (HEATED) <i>Dee Holliday</i>	6:00-6:50 TR* Precision Run® <i>Betsy Mallonee</i>	6:45-7:35 YS* Pilates Rise <i>Claire Goldes</i>	6:30-7:30 MS* Vinyasa Yoga (HEATED) <i>Jess Reidy</i>	2:15-3:00 YS* True Barre <i>Kyla Lloyd</i>	
7:00-7:50 TR* Precision Run® <i>Lauren Anthony</i>	5:45-6:35 TR* Precision Run® Elsa Saatela	6:15-7:00 CS* Anthem Ride <i>Kidd Solomon</i>	7:15-8:05 MS* Cardio Sculpt <i>Betsy Mallonee</i>			
7:15-8:00 CS* Precision Ride Cecilia Lopez	6:00-6:45 MS* Beats Ride <i>Vinnie Smith</i>	6:30-7:15 MS* Rhythmic Sculpt <i>Bransen Gates</i>	8:15-9:15 YS* Yin Yoga (HEATED) <i>Megan Treiber</i>			
7:30-8:20 MS* Cardio Sculpt <i>Betsy Mallonee</i>	6:15-7:00 MS* MetCon3 <i>Eliza Rose</i>	6:45-7:45 YS* Vinyasa Yoga (HEATED) <i>Lizzie Falkner</i>				
8:00-8:45 YS* True Barre <i>Elgin McCargo</i>	6:45-7:30 YS* True Barre (HEATED) <i>Jose Rivera Jr.</i>	7:30-8:15 MS* Stronger <i>Bransen Gates</i>				
	7:15-8:00 MS* Circuit Training <i>Eliza Rose</i>	8:00-8:45 YS* Best Stretch Ever (HEATED) <i>Kevin Bigger</i>				
	8:15-9:00 YS* Pilates Mat (HEATED) <i>Sammy Tuchman</i>					

EQUINOX

DOMINO

24 River St

BROOKLYN NY 11249

EQUINOX.COM

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MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 09:00 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: Uncensored Beats + Bands Ride 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 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

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.

Sculpted Yoga™ (HEATED) 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 (HEATED) 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 (HEATED) Releasing tension through prolonged poses, this heated, 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.

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.

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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

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.

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.

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 (HEATED) 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.

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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

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.

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.

Best Stretch Ever (HEATED) 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.

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

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.

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.