

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:15 YS * Vinyasa Yoga <i>Alex Barreto</i>	7:15-8:00 CS * Beats Ride <i>Candace Storch</i>	7:15-8:00 MS * Athletic Conditioning <i>Alex Barreto</i>	7:15-8:00 CS * Beats Ride <i>Candace Storch</i>	7:15-8:00 MS * Body Sculpt <i>Robin Retherford</i>	9:00-9:45 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	9:00-9:45 YS * Barefoot Sculpt <i>Carol Alvarez</i>
8:30-9:20 YS * Bala Bangle Barre Burn <i>Taliah Mekki</i>	8:15-9:00 YS * Pilates Fusion <i>Carol Alvarez</i>	8:30-9:15 YS * Pilates Rise <i>Katalin Axmann</i>	8:15-9:15 YS * Vinyasa Yoga <i>Shanti</i>	8:30-9:30 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	9:15-10:00 MS * MetCon3 <i>PJ Venturino</i>	9:15-10:00 MS * Stronger <i>Alex Barreto</i>
9:30-10:15 MS * Best Butt Ever <i>Taliah Mekki</i>	9:15-10:00 MS * Body Sculpt <i>Tarra Martinez</i>	9:15-10:00 MS * Stronger <i>Alex Barreto</i>	9:30-10:15 MS * MetCon3 <i>Darryl Crosier</i>	9:15-10:00 MS * Rounds: Boxing <i>PJ Venturino</i>	9:30-10:15 CS * Beats Ride <i>Tarra Martinez</i>	9:30-10:30 CS * Endurance Ride 60 <i>Hugo Gatjens</i>
10:00-11:00 YS * Vinyasa Yoga <i>Kiki So</i>	10:15-11:00 CS * Beats Ride <i>Tarra Martinez</i>	10:15-11:00 YS * True Barre <i>Taliah Mekki</i>	9:30-10:20 YS * Barefoot Sculpt <i>Tarra Martinez</i>	10:00-10:45 YS * Barre <i>Amber Immordino</i>	10:15-11:15 YS * Vinyasa Yoga <i>Shanti</i>	10:30-11:20 MS * Ropes and Rowers <i>Alex Barreto</i>
10:30-11:15 MS * Stacked <i>Alex Barreto</i>	11:00-11:45 YS * True Barre <i>Araceli Kaba</i>	10:45-11:30 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	10:30-11:30 CS * Endurance Ride 60 <i>Hugo Gatjens</i>	10:45-11:30 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	10:30-11:15 MS * Body Sculpt <i>Tarra Martinez</i>	10:30-11:15 YS * Bala Bangle Barre Burn <i>Amber Immordino</i>
11:00-11:45 CS * Beats Ride <i>Candace Storch</i>	12:00-12:50 MS * Stronger <i>Melissa Zierler</i>	11:15-12:15 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	11:00-11:45 YS * Pilates Fusion <i>Rachel Lynn</i>	11:00-11:45 CS * Beats Ride <i>Amber Roach</i>	11:15-11:30 MS * Best Abs Ever <i>Tarra Martinez</i>	10:45-11:35 TR * Precision Run@ <i>Angel Alicea</i>
12:00-12:50 MS * Athletic Conditioning <i>Tarra Martinez</i>	12:45-1:45 YS * Vinyasa Yoga <i>Emilia Garth</i>	11:45-12:30 MS * Stacked <i>Matt Devanney</i>	12:00-12:45 MS * Rhythmic Sculpt <i>Carol Alvarez</i>	12:00-12:45 MS * MetCon3 <i>Amber Roach</i>	11:30-12:30 YS * Athletic Stretch <i>Elissa Barbach</i>	11:30-12:30 YS * Vinyasa Yoga <i>Rachel Healy</i>
12:30-1:15 YS * Pilates Fusion <i>Katalin Axmann</i>	5:30-6:00 MS * Best Abs Ever <i>Taliah Mekki</i>	12:30-1:15 YS * Pilates Mat <i>Natalie Rivera</i>	12:45-1:45 YS * Restorative Yoga <i>Emilia Garth</i>	12:15-1:15 YS * Power Vinyasa <i>Kiki So</i>	11:45-12:30 MS * Studio Dance: Latin Rhythms <i>Josip Fabian</i>	11:45-12:30 MS * Rounds: Boxing <i>Angel Alicea</i>
5:30-6:15 MS * Rounds: Boxing <i>PJ Venturino</i>	5:45-6:30 YS * Pilates Mat <i>Andrew Blake Ames</i>	5:30-6:15 MS * MetCon3 <i>Darryl Crosier</i>	5:30-6:00 MS * Best Abs Ever <i>Maykel Moreira</i>	6:00-7:00 YS * Yin Yoga + Sound Meditation <i>Katalin Axmann</i>	3:00-4:00 YS * Restorative Yoga <i>Shakti Reyna</i>	
6:00-6:45 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	6:00-6:45 MS * Best Butt Ever <i>Taliah Mekki</i>	6:00-6:50 YS * True Barre <i>Amber Immordino</i>	5:45-6:30 YS * Pilates Fusion <i>Nas Analouei</i>	6:20-7:05 CS * Beats Ride <i>KC Della-Fera</i>	4:15-5:00 YS * Sonic Meditation <i>Shakti Reyna</i>	
6:20-7:05 CS * Beats Ride <i>Matt Devanney</i>	6:15-7:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	6:15-7:05 CS * Precision Ride <i>KC Della-Fera</i>	6:00-6:45 MS * Best Butt Ever <i>Maykel Moreira</i>			
6:30-7:15 MS * Athletic Conditioning <i>Viviana Patino</i>	6:45-7:45 YS * Power Vinyasa <i>JP Tiffert</i>	6:15-7:05 CS * Precision Run + Strength <i>Angel Alicea</i>	6:15-7:05 MS * Best Butt Ever <i>Maykel Moreira</i>			
7:15-8:15 YS * Vinyasa Yoga <i>Kiki So</i>	7:15-8:00 MS * Rounds: Boxing <i>Angel Alicea</i>	6:20-6:50 MS * Best Abs Ever <i>Darryl Crosier</i>	6:15-7:05 TR * Precision Run + Strength <i>Angel Alicea</i>			
		7:15-8:00 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	6:45-7:45 YS * Vinyasa Yoga <i>JP Tiffert</i>			
		7:15-8:00 YS * Vinyasa Yoga <i>Emilia Garth</i>	7:00-7:45 MS * Studio Dance: Latin Rhythms <i>Josip Fabian</i>			

EQUINOX

SOUTH BEACH

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EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 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

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 additive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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® 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

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.

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 + 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.

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.

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.

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 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.

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

Studio Dance: Latin Rhythms A choreography-driven dance class using the Latin dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Boxing and Kickboxing

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.

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

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.

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.