

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon Monday <i>Taylor Wright</i>	6:15-7:00 MS * Stacked <i>Liz Butler</i>	6:00-6:50 MS * Rounds: Boxing Circuit <i>Aurelio Figari</i>	6:15-7:00 MS * Athletic Conditioning <i>Tony Thomas</i>	6:00-6:50 MS * Stronger Matt Devanney	8:30-9:15 YS * True Barre <i>Natalie Rivera</i>	9:15-10:05 MS * Stronger <i>Matt Devanney</i>
7:00-7:45 MS * Athletic Conditioning Taylor Wright	6:30-7:15 TR * Precision Run® <i>Rachel Kipnis</i>	6:45-7:30 YS * Barefoot Sculpt <i>Lainee Sargent</i>	6:30-7:15 TR * Precision Walk: Elevate <i>Shanti</i>	6:15-7:00 CS * Beats Ride Cathy Medina	9:15-10:15 CS * Cycle Power - Endurance Amber Roach	9:30-10:15 YS * Pilates Mat <i>Penny Needle</i>
8:15-9:00 TR * Precision Run® <i>Noah Pantaleon</i>	6:45-7:45 YS * Pilates Mat <i>Natalie Rivera</i>	7:00-7:50 MS * Stronger <i>Rachel Dugan</i>	6:45-7:45 YS * True Barre <i>Natalie Rivera</i>	7:30-8:15 MS * Athletic Conditioning Nikki Cucurullo	CS * 9:30-10:15 MS * Sculpt <i>Nikki Cucurullo</i>	10:15-11:05 CS * Precision Ride Matt Devanney
8:30-9:00 MS * Best Abs Ever <i>Robin Retherford</i>	7:30-8:15 MS * Athletic Conditioning <i>Tony Thomas</i>	8:15-9:00 TR * Precision Walk: Elevate <i>Rachel Dugan</i>	7:30-8:15 MS * Cardio Sculpt <i>Tony Thomas</i>	8:30-9:15 YS * Hatha Yoga <i>Penny Needle</i>	9:30-10:30 YS * Hatha Yoga <i>Steven Herbst</i>	10:30-11:00 MS * Best Abs Ever <i>Jamal Campbell</i>
9:15-10:00 MS * Sculpt <i>Robin Retherford</i>	8:15-8:30 MS * Best Abs Ever <i>Tony Thomas</i>	9:15-10:00 MS * Stacked <i>Rachel Dugan</i>	8:15-8:30 MS * Best Abs Ever <i>Tony Thomas</i>	9:15-10:00 MS * Best Butt Ever <i>Nikki Cucurullo</i>	10:30-11:15 CS * Beats Ride Nikki Cucurullo	10:30-11:45 YS * Vinyasa Yoga <i>Penny Needle</i>
9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	8:30-9:00 TR * Precision Run 30 <i>Liz Butler</i>	9:15-10:15 YS * Vinyasa Yoga <i>Penny Needle</i>	8:30-9:00 TR * Precision Run 30 <i>Amber Roach</i>	9:30-10:15 YS * Pilates Mat <i>Penny Needle</i>	10:30-11:15 MS * Best Butt Ever <i>Amber Roach</i>	11:15-12:00 MS * Cardio Sculpt <i>Jamal Campbell</i>
10:30-11:15 MS * Groove House <i>Rodrigo Gallardo</i>	9:15-10:00 MS * Sculpt <i>Rachel Dugan</i>	10:15-11:00 CS * Beats Ride Robin Retherford	9:15-10:05 MS * Stronger <i>Amber Roach</i>	10:15-11:05 CS * Precision Ride Nikki Cucurullo	10:45-11:45 YS * Pilates Mat <i>Penny Needle</i>	12:15-1:05 YS * EQX Barre Burn <i>Taliah Mekki</i>
10:30-11:30 YS * True Barre <i>Natalie Rivera</i>	9:15-10:15 YS * Barre <i>Lainee Sargent</i>	11:15-12:00 YS * Bala Bangle Barre Burn Robin Retherford	9:15-10:15 YS * Barre <i>Alicia Weihl</i>	10:30-11:15 MS * Groove House <i>Rodrigo Gallardo</i>	11:30-12:15 MS * Rounds: Boxing <i>Danny Lauchaire</i>	12:30-1:30 MS * Studio Dance <i>Boris Garrido</i>
11:15-12:00 TR * Precision Walk: Elevate <i>Amber Roach</i>	10:15-11:00 CS * Beats Ride Rachel Dugan	12:15-1:00 MS * Sculpt <i>Robin Retherford</i>	10:15-11:00 CS * Beats Ride Amber Roach	11:30-12:15 MS * Sculpt <i>Taliah Mekki</i>	11:30-12:15 TR * Precision Walk: Elevate <i>Liz Butler</i>	3:30-4:15 YS * Yin Yoga <i>Linda Pedrosa</i>
12:15-1:00 MS * Best Butt Ever <i>Amber Roach</i>	10:30-11:30 YS * Power Vinyasa <i>Javier Lopez</i>	5:30-6:20 CS * Precision Ride Liz Butler	10:30-11:15 YS * Pilates Mat <i>Sue Spinelli</i>	12:15-1:00 YS * Barefoot Sculpt Alicia Weihl	12:00-1:00 YS * Power Vinyasa <i>Javier Lopez</i>	4:15-5:00 YS * Sonic Meditation <i>Noah Pantaleon</i>
12:15-1:00 YS * Pilates Mat <i>Natalie Rivera</i>	11:15-12:05 MS * Stronger <i>Liz Butler</i>	5:30-6:20 MS * Stronger <i>Alex Barreto</i>	11:15-12:00 MS * Cardio Sculpt <i>Jamal Campbell</i>	11:30-12:15 YS * Vinyasa Yoga <i>Javier Lopez</i>	12:30-1:15 MS * Groove House <i>Rodrigo Gallardo</i>	
5:30-6:15 CS * Beats Ride Cathy Medina	12:15-1:00 MS * Stacked <i>Liz Butler</i>	5:45-6:30 YS * Best Stretch Ever Danny Lauchaire	12:15-1:00 MS * Studio Dance (L2) <i>Jonathan Lara Castillo</i>	5:30-6:30 MS * Studio Dance (L2) <i>Jonathan Lara Castillo</i>	3:30-4:45 YS * Vinyasa Yoga JP Tiffert	
5:30-6:20 MS * Stronger <i>Danny Lauchaire</i>	5:30-6:15 MS * Athletic Conditioning <i>Tony Thomas</i>	6:45-7:30 MS * Rounds: Boxing Circuit <i>Danny Lauchaire</i>	5:30-6:15 MS * Sculpt Nikki Cucurullo	6:45-7:45 YS * Restorative Yoga <i>Shanti</i>		
5:45-6:30 YS * Pilates Mat <i>Darian Corbellini</i>	5:45-6:30 YS * True Barre <i>Natalie Rivera</i>	6:45-7:30 MS * Pilates Fusion <i>Alicia Weihl</i>	5:45-6:30 YS * Barre <i>Natalie Rivera</i>			
6:30-7:30 MS * Switch Up: Run + Strength <i>Danny Lauchaire</i> <i>Amber Roach</i>	6:30-7:15 CS * Beats Ride Robin Retherford	7:45-8:30 YS * Hatha Yoga Danny Lauchaire	6:30-7:15 CS * Beats Ride Nikki Cucurullo			
6:45-7:45 YS * Sculpted Yoga™ <i>Rachel Lynn</i>	6:30-7:15 MS * Groove House <i>Rodrigo Gallardo</i>		6:30-7:15 MS * Groove House <i>Rodrigo Gallardo</i>			
7:45-8:30 MS * Studio Dance (L2) <i>Jonathan Lara Castillo</i>	6:45-7:45 YS * Vinyasa Yoga <i>Javier Lopez</i>		6:45-7:45 YS * Vinyasa Yoga <i>Javier Lopez</i>			
	7:30-8:15 MS * Best Butt Ever Robin Retherford		7:30-8:15 MS * Stacked Nikki Cucurullo			

EQUINOX

CORAL GABLES

The Village of Merrick Park at 370 San Lorenzo Avenue

CORAL GABLES FL 33146

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

noah.pantaleon@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

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.

Cycle Power - Endurance 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 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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

Yoga

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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.

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.

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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

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.

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.

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.

Dance

Groove House Created by Rodrigo Gallardo, this cardio dance workout runs the spectrum from Latin Ballroom Style to Modern Pop Moves and everything in between. Mi casa es su casa! In this house, everyone is welcome!

Studio Dance A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

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.

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.

Stretch and Recovery

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.

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.

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.