

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Tabata Max <i>Emmanuel Griffin</i>	6:00-6:45 CS * Beats Ride <i>Nikki Cucurullo</i>	6:15-7:00 MS * Stronger <i>Matt Devanney</i>	6:00-6:50 CS * Precision Ride <i>KC Della-Fera</i>	6:00-6:45 MS * Athletic Conditioning <i>Darryl Crosier</i>	8:00-8:50 CL * RunCross <i>Noah Pantaleon Matt Devanney</i>	8:45-9:30 YS * True Barre <i>Amber Immordino</i>
7:00-7:45 MS * MetCon3 <i>Sydney Kurtz</i>	6:30-7:15 MS * Stacked <i>Nas Analouei</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Noah Pantaleon</i>	7:00-7:45 MS * Stronger <i>Noah Pantaleon</i>	7:30-8:15 CS * Beats Ride <i>Sabrina Mautner</i>	8:30-9:15 MS * Whipped! <i>Rachel Dugan</i>	9:00-9:45 BR * Rounds: Boxing <i>Angel Alicea</i>
7:00-8:00 YS * Power Vinyasa <i>Steven Herbst</i>	7:00-8:00 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	7:00-7:45 BR * Rounds: Pro <i>Angel Alicea</i>	7:00-8:00 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	8:30-9:15 MS * MetCon3 <i>Rachel Dugan</i>	9:00-10:00 YS * Pilates Fusion <i>Paul Richardson</i>	9:00-9:45 CS * Beats Ride <i>Taliah Mekki</i>
7:30-8:15 CS * Beats Ride <i>Nikki Cucurullo</i>	7:30-8:15 MS * Body Sculpt <i>Robin Retherford</i>	7:30-8:20 CS * Precision Ride <i>Noah Pantaleon</i>	8:15-9:00 YS * EQX Barre Burn <i>Robin Retherford</i>	8:30-9:15 YS * Barre <i>Suzanne L. Witrock</i>	9:15-10:15 CS * Beats Ride 60 <i>Sabrina Mautner</i>	9:45-10:15 BR * Best Abs Ever <i>Angel Alicea</i>
8:00-8:50 MS * Stronger <i>Melissa Zierler</i>	8:15-9:00 YS * Barre <i>Valerie Senior</i>	7:45-8:15 BR * Best Abs Ever <i>Angel Alicea</i>	9:15-10:00 MS * Cardio Sculpt <i>Robin Retherford</i>	9:30-10:15 MS * Stronger <i>Rachel Dugan</i>	9:45-10:30 MS * Body Sculpt <i>Rachel Dugan</i>	10:00-11:00 YS * Vinyasa Yoga <i>Steven Herbst</i>
8:30-9:15 YS * Barefoot Sculpt <i>Nas Analouei</i>	8:30-9:15 CS * Beats Ride <i>Robin Retherford</i>	8:30-9:15 MS * Best Butt Ever <i>Amber Roach</i>	9:15-10:05 YS * Pilates Rise <i>Lauren Lampa</i>	9:30-10:15 YS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	10:00-10:50 TR * Precision Run@ <i>Noah Pantaleon</i>	10:30-11:15 MS * Best Butt Ever <i>Carol Alvarez</i>
9:30-10:20 MS * Body Sculpt <i>Tarra Martinez</i>	9:15-10:00 MS * Athletic Conditioning <i>Alex Barreto</i>	8:30-9:15 YS * Bala Bangle Barre Burn <i>Patricia Pinto</i>	9:45-10:30 CS * Beats Ride <i>Noah Pantaleon</i>	10:30-11:30 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	10:30-11:30 YS * Vinyasa Yoga <i>Kiki So</i>	11:20-11:50 MS * Upper Body Pump <i>Carol Alvarez</i>
10:15-11:00 YS * Pilates Mat <i>Paul Richardson</i>	9:15-10:15 YS * Pilates Mat <i>Darian Corbellini</i>	9:30-10:15 MS * Body Sculpt <i>Tarra Martinez</i>	10:30-11:15 MS * Stacked <i>Rachel Dugan</i>	12:15-1:00 MS * Stacked <i>Rebecca Hudson</i>	10:45-11:30 CS * Beats Ride <i>Robin Retherford</i>	11:30-12:30 YS * Hatha Yoga <i>Steven Herbst</i>
11:15-12:15 YS * Restorative Yoga <i>Emilia Garth</i>	10:30-11:30 YS * Hatha Yoga <i>Steven Herbst</i>	10:30-11:15 CS * Beats Ride <i>Tarra Martinez</i>	10:30-11:30 YS * Slow Flow Yoga <i>Paul Richardson</i>	12:15-1:15 YS * Pilates Mat <i>Natalie Rivera</i>	10:45-11:30 MS * Stronger <i>Alex Barreto</i>	12:15-1:15 MS * Studio Dance: Groove House <i>Rodrigo Gallardo</i>
12:15-1:00 MS * Best Butt Ever <i>Angel Alicea</i>	12:00-1:00 YS * Barre <i>Alicia Weihl</i>	11:00-12:00 YS * Restorative Yoga <i>Linda Pedrosa</i>	12:00-1:00 YS * True Barre <i>Andrew Blake Ames</i>	6:00-7:00 YS * Vinyasa Yoga (L2) <i>Jill Deviscour</i>	11:00-11:45 BR * Rounds: Boxing <i>Darryl Crosier</i>	1:00-1:50 YS * Pilates Rise <i>Carol Alvarez</i>
5:30-6:15 MS * Stacked <i>Emmanuel Griffin</i>	12:15-1:00 MS * Stronger <i>Rachel Dugan</i>	12:15-1:00 MS * MetCon3 <i>PJ Venturino</i>	12:15-1:00 MS * Body Sculpt <i>Nikki Cucurullo</i>		11:45-12:30 MS * Best Stretch Ever <i>Alex Barreto</i>	3:30-4:30 YS * Yin Yoga <i>Shakti Reyna</i>
5:45-6:45 YS * Power Vinyasa <i>Javier Lopez</i>	4:45-5:30 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	12:15-1:00 YS * Barefoot Sculpt <i>Amber Roach</i>	5:30-6:15 MS * Best Butt Ever <i>Robin Retherford</i>		11:45-12:45 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	4:45-5:30 YS * Sonic Meditation <i>Shakti Reyna</i>
6:00-6:45 CS * Beats Ride <i>Melissa Zierler</i>	5:30-6:15 YS * Barefoot Sculpt <i>Amber Roach</i>	5:30-6:20 MS * Pilates Rise <i>Natalie Rivera</i>	5:30-6:30 YS * Vinyasa Yoga <i>Steven Herbst</i>		1:00-2:00 YS * Sculpted Yoga™ <i>Alex Barreto</i>	
6:30-7:15 MS * Body Sculpt <i>Nikki Cucurullo</i>	5:45-6:30 MS * Athletic Conditioning <i>Alex Barreto</i>	5:30-6:30 YS * Vinyasa Yoga <i>Javier Lopez</i>	6:15-7:00 BR * Rounds: Boxing <i>Aurelio Figari</i>		3:45-4:45 YS * Vinyasa Yoga <i>Javier Lopez</i>	
6:45-7:30 BR * Rounds: Boxing <i>Emmanuel Griffin</i>	6:00-6:45 BR * Rounds: Boxing <i>Darryl Crosier</i>	6:00-6:45 CS * Beats Ride <i>Nicole Ramos</i>	6:15-7:05 TR * Precision Run@ <i>Danny Lauchaire</i>			
7:00-8:00 YS * Vinyasa Yoga <i>Javier Lopez</i>	6:30-7:15 CS * Beats Ride <i>Amber Roach</i>	6:30-7:15 MS * Stacked <i>Melissa Zierler</i>	6:30-7:15 CS * Beats Ride <i>Robin Retherford</i>			
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	6:30-7:45 YS * Yin Yoga Meditation <i>Steven Herbst</i>	7:30-8:15 MS * Athletic Conditioning <i>Melissa Zierler</i>	7:00-7:45 YS * Sonic Meditation <i>Steven Herbst</i>			
	6:45-7:30 MS * Stronger <i>Alex Barreto</i>					

# EQUINOX

## BRICKELL

1441 Brickell Avenue #4  
MIAMI FL 33131  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:00 AM 11:00 PM

**FRI** 05:00 AM 10:00 PM

**SAT-SUN** 07:00 AM 08:00 PM

## GROUP FITNESS MANAGER

tarra.martinez@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**BR** Boxing Studio

**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.

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to 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** 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.

**RunCross** An outdoor interval workout that combines running drills and cross training. Build strength, stamina, and cardio fitness for the ultimate running experience. 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.

**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.

**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** 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.

**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 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

**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.

**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: 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: 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.

**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

## 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.

**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.

**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.