

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Athletic Conditioning <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>	8:30-9:15 MS * Whipped! <i>Rachel Dugan</i>	8:45-9:30 YS * True Barre <i>Amber Immordino</i>
7:00-7:45 MS * MetCon Monday <i>Matt Devanney</i>	6:30-7:15 MS * Stacked <i>Nas Analouei</i>	7:00-7:45 BR * Rounds: Boxing <i>Angel Alicea</i>	7:00-7:45 MS * Stronger <i>Noah Pantaleon</i>	7:30-8:15 CS * Beats Ride <i>Sabrina Mautner</i>	9:00-10:00 YS * Pilates Fusion <i>Paul Richardson</i>	9:00-9:45 BR * Rounds: Boxing <i>Angel Alicea</i>
7:00-7:45 YS * Pilates Fusion <i>Carol Alvarez</i>	7:00-8:00 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	7:30-8:15 CS * Beats Ride <i>Noah Pantaleon</i>	8:15-9:00 YS * EQX Barre Burn <i>Robin Retherford</i>	8:30-9:15 MS * MetCon3 <i>Rachel Dugan</i>	9:15-10:15 CS * Beats Ride 60 <i>Sabrina Mautner</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>	7:45-8:15 BR * Best Abs Ever <i>Angel Alicea</i>	9:15-10:05 MS * Rhythmic Sculpt <i>Robin Retherford</i>	8:30-9:15 YS * Barre <i>Suzanne L. Witrock</i>	9:30-10:20 TR * Precision Run@ <i>Noah Pantaleon</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>	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 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 YS * Bala Bangle Barre Burn <i>Patricia Pinto</i>	9:45-10:30 CS * Beats Ride <i>Noah Pantaleon</i>	9:30-10:15 YS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	10:30-11:30 YS * Vinyasa Yoga <i>Kiki So</i>	10:30-11:15 YS * 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>	9:30-10:15 MS * Body Sculpt <i>Tarra Martinez</i>	10:45-11:30 MS * Stacked <i>Rachel Dugan</i>	10:30-11:30 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	10:45-11:30 CS * Beats Ride <i>Robin Retherford</i>	
9:45-10:15 TR * Precision Run 30 <i>Noah Pantaleon</i>	9:30-10:15 YS * Pilates Mat <i>Sue Spinelli</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Amber Roach</i>	10:45-11:45 YS * Slow Flow Yoga <i>Paul Richardson</i>	12:15-1:00 MS * Stacked <i>Rebecca Hudson</i>	10:45-11:30 MS * Stronger <i>Alex Barreto</i>	11:15-12:15 YS * Hatha Yoga <i>Steven Herbst</i>
10:15-11:00 YS * Pilates Mat <i>Paul Richardson</i>	10:30-11:30 YS * Hatha Yoga <i>Steven Herbst</i>	10:30-11:15 CS * Beats Ride <i>Tarra Martinez</i>	12:00-1:00 YS * Barre <i>Alicia Weihl</i>	12:15-1:15 YS * Pilates Mat <i>Natalie Rivera</i>	11:00-11:45 BR * Rounds: Boxing <i>Darryl Crosier</i>	11:20-11:50 MS * Best Abs Ever <i>Carol Alvarez</i>
10:30-11:00 MS * Best Abs Ever <i>Tarra Martinez</i>	12:00-1:00 YS * Barre <i>Alicia Weihl</i>	11:00-12:00 YS * Restorative Yoga <i>Linda Pedrosa</i>	12:15-1:00 MS * Body Sculpt <i>Nikki Cucurullo</i>	6:00-7:00 YS * Vinyasa Yoga (L2) <i>Jil Deviscour</i>	11:45-12:30 MS * Best Stretch Ever <i>Alex Barreto</i>	12:15-1:00 Studio Dance: Groove House <i>Rodrigo Gallardo</i>
11:15-12:15 YS * Restorative Yoga <i>Emilia Garth</i>	12:15-1:00 MS * Stronger <i>Rachel Dugan</i>	12:05-12:50 YS * Sonic Meditation <i>Noah Pantaleon</i>	5:30-6:15 MS * Best Butt Ever <i>Robin Retherford</i>		11:45-12:30 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	1:30-2:20 YS * Pilates Rise <i>Carol Alvarez</i>
12:15-1:05 MS * Ropes and Rowers <i>Noah Pantaleon</i>	4:45-5:30 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	12:15-1:00 MS * MetCon3 <i>PJ Venturino</i>	5:30-6:30 YS * Vinyasa Yoga <i>Steven Herbst</i>		12:45-1:45 MS * Studio Dance: Latin Rhythms <i>Boris Garrido</i>	3:30-4:30 YS * Yin Yoga <i>Shakti Reyna</i>
5:30-6:15 MS * Stacked <i>Emmanuel Griffin</i>	5:30-6:15 YS * Barefoot Sculpt <i>Amber Roach</i>	5:30-6:20 MS * Pilates Rise <i>Natalie Rivera</i>	6:15-7:00 BR * Rounds: Boxing <i>Aurelio Figari</i>		3:45-4:45 YS * Vinyasa Yoga <i>Javier Lopez</i>	4:45-5:30 YS * Sonic Meditation <i>Shakti Reyna</i>
5:45-6:45 YS * Power Vinyasa <i>Javier Lopez</i>	5:45-6:30 MS * Athletic Conditioning <i>Alex Barreto</i>	5:30-6:30 YS * Vinyasa Yoga <i>Javier Lopez</i>	6:15-7:05 TR * Precision Run@ <i>Danny Lauchaire</i>			
6:00-6:45 CS * Beats Ride <i>Melissa Zierler</i>	6:00-6:45 BR * Rounds: Boxing <i>Darryl Crosier</i>	6:00-6:45 CS * Beats Ride <i>Nicole Ramos</i>	6:30-7:15 CS * Beats Ride <i>Robin Retherford</i>			
6:30-7:15 MS * Rhythmic Sculpt <i>Nikki Cucurullo</i>	6:30-7:15 CS * Beats Ride <i>Amber Roach</i>	6:45-7:35 MS * Ropes and Rowers <i>Melissa Zierler</i>	6:45-7:30 MS * Body Sculpt <i>Amber Roach</i>			
6:45-7:30 BR * Rounds: Boxing <i>Emmanuel Griffin</i>	6:30-7:20 TR * Precision Run@ <i>Noah Pantaleon</i>	6:45-7:30 YS * True Barre <i>Natalie Rivera</i>	7:00-7:45 YS * Sonic Meditation <i>Steven Herbst</i>			
7:00-8:00 YS * Vinyasa Yoga <i>Javier Lopez</i>	6:30-7:45 YS * Yin Yoga Meditation <i>Steven Herbst</i>	7:45-8:15 MS * Best Abs Ever <i>Melissa Zierler</i>				
7:30-8:15 MS * Best Butt Ever <i>Angel Alicea</i>	6:45-7:30 MS * Stronger <i>Alex Barreto</i>					
	7:45-8:30 MS * Best Stretch Ever <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

## 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 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.

## 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.

**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.

**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.

**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.

## 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.

**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.