

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Rounds: Pro (L3) <i>Angel Alicea</i>	6:15-7:00 MS * Stacked <i>Emmanuel Griffin</i>	7:00-8:00 YS * Power Vinyasa (HEATED) <i>Nicolay Del Salto</i>	6:15-7:00 MS * Tabata Max <i>Danny Lauchaire</i>	6:45-7:30 MS * MetCon3 <i>Luis Weber</i>	8:30-9:15 MS * Rounds: Boxing <i>Darryl Crosier</i>	9:00-10:00 YS * Vinyasa Yoga (HEATED) <i>Kiki So</i>
7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Nicolay Del Salto</i>	7:00-7:45 CS * Beats Ride <i>Stephanie Clayton</i>	7:15-8:00 MS * Athletic Conditioning <i>Luis Weber</i>	7:00-7:45 CS * Beats Ride <i>Stephanie Clayton</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Kelly Moumdjian</i>	9:00-10:00 YS * Vinyasa Yoga <i>Kiki So</i>	9:15-10:00 CS * Beats Ride <i>Brandon Rodriguez</i>
7:45-8:30 MS * Best Butt Ever <i>Angel Alicea</i>	7:15-8:05 TR * Precision Run@ <i>Angel Alicea</i>	8:15-9:00 MS * MetCon3 <i>Luis Weber</i>	7:15-8:05 TR * Precision Run@ <i>Danny Lauchaire</i>	7:45-8:30 MS * Best Butt Ever <i>Taliah Mekki</i>	9:30-10:20 CS * Precision Ride <i>JP Shami</i>	10:00-10:45 MS * MetCon3 <i>Darryl Crosier</i>
8:30-9:20 YS * Pilates Rise (HEATED) <i>Carol Alvarez</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Alex Barreto</i>	8:30-9:15 YS * Barre (HEATED) <i>Taliah Mekki</i>	7:30-8:30 YS * Sculpted Yoga™ (HEATED) <i>Alex Barreto</i>	7:45-8:35 TR * Precision Run@ <i>Luis Weber</i>	9:30-10:15 MS * Athletic Conditioning <i>Darryl Crosier</i>	10:30-11:15 YS * EQX Barre Burn <i>Taliah Mekki</i>
8:45-9:15 MS * Best Abs Ever <i>Matt Devanney</i>	8:00-8:45 MS * Rounds: Boxing <i>Danny Lauchaire</i>	9:15-10:00 MS * Best Butt Ever <i>Angel Alicea</i>	8:00-8:45 MS * Athletic Conditioning <i>PJ Venturino</i>	8:00-8:45 CS * Beats Ride <i>Melissa Zierler</i>	10:15-11:00 YS * Pilates Mat <i>Patricia Pinto</i>	
9:15-10:00 MS * MetCon Monday <i>Matt Devanney</i>	9:15-10:00 MS * Athletic Conditioning <i>Danny Lauchaire</i>	10:15-11:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	9:15-10:00 MS * Rounds: Boxing <i>Danny Lauchaire</i>	9:00-9:50 MS * Stronger <i>Melissa Zierler</i>	10:30-11:20 MS * Stronger <i>Dominic Manfredi</i>	11:30-12:15 YS * Pilates Mat <i>Christina Specos</i>
12:00-12:45 YS * Pilates Fusion (HEATED) <i>Nas Analouei</i>	12:15-1:15 YS * Yin Yoga <i>Shanti</i>	12:00-12:45 YS * Pilates Fusion (HEATED) <i>Lauren Lampa</i>	12:15-1:15 YS * Vinyasa Yoga <i>Jil Deviscour</i>	12:00-1:00 YS * Restorative Yoga <i>Shanti</i>	11:30-12:15 MS * Body Sculpt <i>Rachel Dugan</i>	12:15-1:00 MS * Rhythmic Sculpt <i>Carol Alvarez</i>
12:15-1:00 MS * Rhythmic Sculpt <i>Nikki Cucurullo</i>	12:30-1:15 MS * MetCon3 <i>Amber Roach</i>	12:15-1:00 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	12:30-1:15 MS * Best Butt Ever <i>Maykel Moreira</i>	12:15-1:00 MS * Rounds: Boxing <i>PJ Venturino</i>	12:15-1:15 YS * Power Vinyasa (HEATED) <i>Tazz Carter</i>	12:30-1:30 YS * Weekend Wind Down <i>Yoga</i> <i>Linda Pedrosa</i>
4:00-4:45 YS * Pilates Fusion (HEATED) <i>Taliah Mekki</i>	1:15-1:45 MS * Best Abs Ever <i>Amber Roach</i>	1:15-2:05 MS * Stronger <i>Dominic Manfredi</i> <i>Rachel Dugan</i>	1:15-1:45 MS * Best Abs Ever <i>Maykel Moreira</i>	5:15-6:00 MS * Best Butt Ever <i>Amber Roach</i>		3:45-5:00 YS * Power Vinyasa (HEATED) <i>Javier Lopez</i>
5:30-6:15 MS * Body Sculpt <i>Taliah Mekki</i>	5:15-6:00 YS * Pilates Fusion <i>Jil Deviscour</i>	5:30-6:15 MS * Athletic Conditioning <i>Taliah Mekki</i>	4:00-4:45 YS * Barefoot Sculpt (HEATED) <i>Amber Roach</i>	5:30-6:15 CS * Beats Ride <i>Robin Retherford</i>		6:15-7:15 YS * Yin Yoga Meditation <i>Shakti Reyna</i>
5:45-6:45 YS * Power Vinyasa (HEATED) <i>Alex Barreto</i>	5:30-6:15 CS * Beats Ride <i>Rachel Dugan</i>	5:45-6:45 YS * Vinyasa Yoga (HEATED) <i>Nicolay Del Salto</i>	5:00-5:45 YS * Hatha Yoga (HEATED) <i>Danny Lauchaire</i>	5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Gab Cohen</i>		
6:15-7:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	5:30-6:15 MS * Studio Dance: Latin Rhythms <i>Josip Fabian</i>	6:30-7:15 YS * Stacked <i>Rachel Dugan</i>	5:30-6:15 MS * Stronger <i>Dominic Manfredi</i> <i>Rachel Dugan</i>	6:00-6:30 MS * Best Abs Ever <i>Amber Roach</i>		
6:30-7:15 CS * Beats Ride <i>Dominic Manfredi</i>	6:30-7:15 MS * Power Vinyasa <i>Jil Deviscour</i>	6:30-7:15 CS * Beats Ride <i>Dominic Manfredi</i>	6:15-7:00 CS * Beats Ride <i>JP Vergara</i>	7:00-8:00 YS * Restorative Yoga <i>Gab Cohen</i>		
6:30-7:15 MS * Best Butt Ever <i>Maykel Moreira</i>	6:45-7:30 CS * Beats Ride <i>JP Vergara</i>	6:30-7:15 MS * Tabata Max <i>Brittany Berger</i>	6:15-7:05 YS * Pilates Rise (HEATED) <i>Lauren Lampa</i>			
7:15-8:15 YS * Vinyasa Yoga <i>Gab Cohen</i>	7:30-8:15 MS * Rounds: Boxing <i>Miguel Garcia</i>	7:15-8:15 YS * Power Vinyasa (HEATED) <i>Javier Lopez</i>	6:30-7:15 MS * Whipped! <i>Rachel Dugan</i>			
7:20-7:50 MS * Best Abs Ever <i>Maykel Moreira</i>		7:20-7:50 MS * Best Abs Ever <i>Brittany Berger</i>	7:20-8:20 YS * Yin Yoga <i>Shakti Reyna</i>			
7:30-8:30 CL * Outdoor Run Club <i>Melissa Zierler</i> <i>JP Shami</i>			7:30-8:15 MS * Rounds: Boxing <i>Darryl Crosier</i>			

EQUINOX

BRICKELL HEIGHTS

25 SW 9th Street

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

dominic.manfredi@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

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 additive 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

Outdoor Run Club Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

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 (HEATED) 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.

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.

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™ (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.

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.

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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 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.

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 (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.

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.

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 Fusion (HEATED) 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 (HEATED) 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.

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.

Sculpt

Barefoot Sculpt (HEATED) 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.