

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 MS* Athletic Conditioning <i>Alexa Snelleman</i>	5:45-6:30 TR* Precision Run® <i>Melanie Rosner</i>	5:45-6:45 MS* Stacked <i>Maddie Dougherty</i>	5:45-6:30 TR* Precision Run® <i>Kayla Dye</i>	5:45-6:30 MS* Stronger <i>Chris X</i>	8:15-9:00 MS* Kettlebell Power <i>Crystal Pollard</i>	9:00-9:45 MS* Ropes and Rowers <i>Chris X</i>
6:00-6:45 TR* Precision Run® <i>Maddie Dougherty</i>	6:00-6:45 MS* MetCon3 <i>Jude McCarthy</i>	6:00-6:45 TR* Precision Run® <i>Jaime Borkan</i>	6:00-6:45 MS* Tabata Max <i>Alexa Snelleman</i>	6:00-6:45 TR* Precision Run® <i>Bobby Candelas</i>	8:30-9:15 TR* Precision Run® <i>Bobby Candelas</i>	9:15-10:00 YS* Bala Bangle Barre Burn <i>Kim Stevens</i>
6:15-7:15 YS* Vinyasa Yoga (HEATED) <i>Morgan Bennett</i>	6:15-7:00 CS* Beats Ride <i>Howard Ketelson</i>	6:15-7:15 YS* Sculpted Yoga™ (HEATED) <i>Amanda Johnson</i>	6:15-7:00 CS* Beats Ride <i>Howard Ketelson</i>	6:15-7:05 YS* Pilates Rise (HEATED) <i>Rachael Fallon (TX)</i>	8:45-9:30 YS* Pilates Mat <i>Bri Moriarty</i>	9:30-10:15 CS* Beats Ride <i>Eric Cobb</i>
6:30-7:15 CS* Beats Ride <i>Melanie Rosner</i>	7:00-7:45 TR* Precision Run® <i>Ramey Price</i>	6:30-7:15 CS* Beats Ride <i>Melanie Rosner</i>	7:00-7:45 TR* Precision Walk: Elevate <i>Morgan Bennett</i>	6:30-7:15 CS* Beats Ride <i>Kennedy Williams</i>	9:00-9:45 CS* Beats Ride <i>Jill Sabella</i>	10:00-10:45 MS* Stronger <i>Chris X</i>
6:45-7:30 MS* Stronger <i>Chris X</i>	7:00-7:45 YS* Bala Bangle Barre Burn <i>Matt Araiza</i>	6:45-7:30 MS* Body Sculpt <i>Maddie Dougherty</i>	7:00-7:45 YS* Best Abs Ever <i>Ramey Price</i>	6:45-7:30 MS* Best Butt Ever <i>Morgan Bennett</i>	9:15-10:00 MS* Athletic Conditioning <i>Ramey Price</i>	10:15-11:00 TR* Precision Run® <i>Maddie Dougherty</i>
7:45-8:30 MS* Stacked <i>Chris X</i>	7:30-8:15 MS* Rhythmic Sculpt <i>Kim Stevens</i>	7:45-8:30 MS* Stronger <i>Ramey Price</i>	7:30-8:15 MS* Ropes and Rowers <i>Chris X</i>	7:30-8:30 YS* Vinyasa Yoga <i>Rachael Fallon (TX)</i>	10:00-11:00 YS* Vinyasa Yoga (HEATED) <i>Bobby Candelas</i>	10:45-11:45 YS* Vinyasa Yoga <i>Rachael Fallon (TX)</i>
8:00-8:45 YS* Pilates Mat <i>Ali Marshall</i>	8:30-9:30 YS* Vinyasa Yoga <i>Lauren Gibbs</i>	8:00-8:45 YS* Trilogy Barre <i>Amanda Johnson</i>	8:30-9:30 YS* Sculpted Yoga™ <i>Loren Bassett</i>	7:45-8:30 MS* Athletic Conditioning <i>Morgan Bennett</i>	10:15-11:00 MS* Tabata Max <i>Ramey Price</i>	11:15-12:00 MS* Body Sculpt <i>Maddie Dougherty</i>
8:45-9:30 MS* Body Sculpt <i>Jill Sabella</i>	8:45-9:30 MS* Athletic Conditioning <i>Alexa Snelleman</i>	8:45-9:30 MS* Best Butt Ever <i>Jade Harris</i>	8:45-9:30 MS* Stronger <i>Maddie Dougherty</i>	8:45-9:30 MS* Rhythmic Sculpt <i>Jill Sabella</i>	10:30-11:30 CS* Beats Ride <i>Howard Ketelson</i>	12:00-12:50 YS* Pilates Rise <i>Rachael Fallon (TX)</i>
9:30-10:30 YS* Vinyasa Yoga <i>Loren Bassett</i>	9:00-9:45 CS* Beats Ride <i>Eric Cobb</i>	9:30-10:30 YS* Vinyasa Yoga <i>Linda Bomar</i>	9:00-9:45 TR* Precision Walk: Elevate <i>Kayla Dye</i>	9:00-9:45 YS* Pilates Mat <i>Dean Husted</i>	11:15-12:00 MS* The Cut <i>Jude McCarthy</i>	4:00-5:00 YS* Vinyasa Yoga <i>Lauren James</i>
9:45-10:30 MS* Stacked <i>Ramey Price</i>	9:45-10:30 YS* True Barre <i>Lauren Gibbs</i>	9:45-10:30 MS* The Cut <i>Alexa Snelleman</i>	9:45-10:35 YS* Pilates Rise <i>Kristin Gonzalez</i>	9:30-10:15 TR* Precision Walk: Elevate <i>Maddie Dougherty</i>	11:15-12:00 MS* Power Vinyasa (HEATED) <i>Loren Bassett</i>	5:15-6:00 YS* Sonic Meditation <i>Lauren James</i>
10:45-11:45 YS* Vinyasa Yoga <i>Thomas Renner</i>	10:00-10:45 MS* Body Sculpt <i>David Case</i>	10:45-11:30 YS* Pilates Mat <i>Michelle Zada</i>	10:00-10:45 MS* Tabata Max <i>Maddie Dougherty</i>	9:45-10:30 MS* Tabata Max <i>Chris X</i>	12:00-12:15 MS* Best Abs Ever <i>Jude McCarthy</i>	
11:00-11:45 MS* Best Butt Ever <i>Maddie Dougherty</i>	10:45-11:00 MS* Best Abs Ever <i>David Case</i>	12:00-12:45 MS* Stronger <i>Maddie Dougherty</i>	10:45-11:00 MS* Best Abs Ever <i>Maddie Dougherty</i>	10:00-11:00 YS* Sculpted Yoga™ (HEATED) <i>Loren Bassett</i>	1:45-2:30 YS* True Barre <i>Kim Stevens</i>	
12:00-12:45 MS* Pure Strength <i>David Case</i>	11:00-11:45 YS* Pilates Fusion <i>Chelsea Smith</i>	12:15-1:00 YS* Bala Bangle Barre Burn <i>Lauren Gibbs</i>	11:00-11:45 YS* True Barre <i>Matt Araiza</i>	12:00-12:45 MS* Athletic Conditioning <i>David Case</i>	4:00-5:00 YS* Vinyasa Yoga <i>Linda Bomar</i>	
12:15-1:00 YS* True Barre <i>Matt Araiza</i>	12:00-12:45 YS* Barefoot Sculpt <i>Chelsea Smith</i>	12:15-1:00 YS* MetCon3 <i>Jade Harris</i>	12:00-1:00 YS* Gentle Yoga <i>Thomas Renner</i>	12:15-1:00 YS* Barre Beyond <i>Matt Araiza</i>		
4:30-5:15 MS* Ropes and Rowers <i>Ramey Price</i>	12:15-1:00 MS* Stacked <i>Chris X</i>	4:30-5:15 MS* Precision Run® <i>Maddie Dougherty</i>	12:15-1:00 MS* Whipped! <i>Jade Harris</i>	1:15-2:00 YS* Pilates Fusion <i>Chelsea Smith</i>		
4:45-5:30 TR* Precision Walk: Elevate <i>Jude McCarthy</i>	4:30-5:15 YS* Sonic Meditation <i>Lauren James</i>	4:45-5:30 TR* Precision Run® <i>Maddie Dougherty</i>	4:30-5:30 YS* Sculpted Yoga™ <i>Shawn Burns</i>	2:15-3:15 YS* Vinyasa Yoga <i>Chelsea Smith</i>		
5:00-5:45 YS* Bala Bangle Barre Burn <i>Lauren Gibbs</i>	4:45-5:30 MS* Athletic Conditioning <i>David Case</i>	5:00-5:45 YS* Pilates Mat (HEATED) <i>Dean Husted</i>	4:45-5:30 MS* Pure Strength <i>David Case</i>	4:15-5:00 CS* Beats Ride <i>Jude McCarthy</i>		
5:30-6:15 CS* Beats Ride <i>Courtney Copeland</i>	5:30-6:15 TR* Precision Run® <i>Melanie Rosner</i>	5:30-6:15 CS* Beats Ride <i>Melanie Rosner</i>	5:30-6:15 TR* Precision Run® <i>Eric Cobb</i>	4:30-5:15 MS* Cardio Dance <i>Jill Sabella</i>		
5:45-6:30 MS* Stronger <i>Ramey Price</i>	5:45-6:30 YS* Pilates Fusion <i>Ali Marshall</i>	5:45-6:30 MS* The Cut <i>Jude McCarthy</i>	5:45-6:30 YS* True Barre <i>Kim Stevens</i>	5:15-6:00 YS* Athletic Stretch <i>Jude McCarthy</i>		
6:00-6:45 TR* Precision Run® <i>Jude McCarthy</i>	6:00-6:50 MS* Whipped! <i>David Case</i>	6:00-6:45 TR* Precision Walk: Elevate <i>David Case</i>	6:00-6:45 MS* MetCon3 <i>David Case</i>	6:30-7:30 YS* Power Vinyasa (HEATED) <i>Shawn Burns</i>		
6:15-7:15 YS* Power Vinyasa <i>Lauren Gibbs</i>	6:15-7:00 CS* Precision Ride <i>Grace Sells</i>	6:15-7:15 YS* Power Vinyasa (HEATED) <i>Emma Parkin</i>	6:15-7:00 CS* Beats Ride <i>Jill Sabella</i>			
6:45-7:30 MS* Stacked <i>Jaime Borkan</i>	7:00-8:00 YS* Vinyasa Yoga <i>Thomas Renner</i>	6:45-7:30 MS* Body Sculpt <i>Jude McCarthy</i>	7:00-7:45 MS* Cardio Dance <i>Brandon Biscoe</i>			
7:45-8:30 YS* Pilates Fusion <i>Taylor Young</i>		7:45-8:30 YS* Bala Bangle Barre Burn <i>Taylor Young</i>	7:15-8:00 YS* Sonic Meditation <i>Lauren James</i>			

EQUINOX

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4023 Oak Lawn Avenue

DALLAS TX 75219

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MON-THU 05:00 AM 11:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SAT 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

ramey.price@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 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

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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

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.

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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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.

Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

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 Beyond Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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 Mat (HEATED) 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.

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Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Boxing and Kickboxing

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

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.