

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 TR * Precision Run® <i>Jenia Koroleva</i>	6:45-7:30 MS * Stronger <i>Jeff McMullen</i>	6:45-7:30 TR * Precision Run® <i>Jenia Koroleva</i>	7:30-8:30 YS * Power Vinyasa <i>Pasquale Guiducci</i>	7:00-7:50 CS * Beats Ride <i>Simone Berry</i>	8:00-8:50 TR * Precision Run® <i>Jenia Koroleva</i>	8:30-9:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>
7:30-8:20 YS * Pilates Mat (HEATED) <i>Jaclyn Winters</i>	7:00-7:50 CS * Beats Ride <i>Buddy Macuha</i>	7:00-7:45 MS * Athletic Conditioning <i>Axel Zamora</i>	8:30-9:15 TR * Precision Run® <i>Jenia Koroleva</i>	7:45-8:30 MS * Athletic Conditioning <i>Koni Nwaukoni</i>	9:00-9:50 MS * Circuit Training <i>Austin Williams</i>	9:00-9:45 TR * Precision Run® <i>TI Jones</i>
8:45-9:30 YS * Pilates Mat <i>Jonathan Jedrzejewski</i>	7:30-8:30 YS * Power Vinyasa <i>Pasquale Guiducci</i>	7:30-8:15 MS * Bala Bangle Barre Burn <i>Jessica Walker</i>	9:00-9:45 YS * Pilates Fusion <i>Catt Yiu</i>	8:00-8:50 TR * Precision Run® <i>Rick Logan</i>	9:00-9:50 TR * Precision Run® <i>Jenia Koroleva</i>	9:15-10:05 MS * Athletic Conditioning <i>Koni Nwaukoni</i>
9:15-10:05 TR * Precision Run® <i>Jenia Koroleva</i>	8:00-8:50 MS * Ropes and Rowers <i>Buddy Macuha</i>	8:00-8:50 TR * Precision Run® <i>Jenia Koroleva</i>	9:15-10:05 MS * BootKAMP <i>Kupah James</i>	8:00-8:45 YS * Pilates Rise <i>Larisa Lotz</i>	9:15-10:30 YS * Vinyasa Yoga (HEATED) <i>Donovan McGrath</i>	9:45-10:30 CS * Beats Ride <i>Joseph Seeman</i>
9:30-10:15 MS * MetCon Monday <i>David Pisanich</i>	9:00-9:50 TR * Precision Run® <i>Buddy Macuha</i>	8:45-9:30 YS * Pilates Mat <i>Jaclyn Winters</i>	10:15-11:15 YS * Power Vinyasa Teo Chapelier	8:30-8:50 MS * Upper Body Pump Koni Nwaukoni	10:00-10:45 CS * Beats Ride <i>Tarek Cotran</i>	10:00-11:00 YS * Yoga Shape Up <i>Frances Flores</i>
10:15-10:30 MS * Best Abs Ever <i>David Pisanich</i>	9:00-9:50 YS * Bala Bangle Barre Burn <i>Pasquale Guiducci</i>	9:30-10:15 MS * Best Butt Ever <i>Michelle Costello</i>	12:00-12:30 MS * Best Butt Ever <i>Elle Young</i>	9:00-10:00 YS * Vinyasa Yoga (HEATED) <i>Austin Hollingshead</i>	10:15-11:00 MS * TRX Max <i>Be Solomon</i>	10:05-10:25 MS * Best Abs Ever <i>Koni Nwaukoni</i>
10:15-11:15 YS * Hatha Yoga <i>Eddie Marashian</i>	9:15-10:00 MS * Body Sculpt <i>Frances Flores</i>	10:15-10:35 MS * Best Abs Ever <i>Michelle Costello</i>	12:30-1:00 MS * Upper Body Pump <i>Elle Young</i>	9:15-10:00 CS * Beats Ride Cosmo Bertolini	11:15-12:00 YS * Pilates Fusion <i>Be Solomon</i>	10:35-11:05 MS * Upper Body Pump <i>Koni Nwaukoni</i>
11:30-12:15 YS * Pilates Fusion <i>Zsolt Banki</i>	10:30-11:30 YS * Power Vinyasa <i>Donovan McGrath</i>	10:15-11:15 YS * Hatha Yoga <i>Eddie Marashian</i>	1:00-2:00 YS * Vinyasa Yoga <i>Shielu Bharwani</i>	9:30-10:15 MS * Body Sculpt <i>Rick Logan</i>	11:30-12:15 MS * Best Butt Ever <i>Axel Zamora</i>	11:00-11:45 CS * Beats Ride Tiffany Daniels
12:00-12:45 MS * Stronger <i>Rick Logan</i>	12:00-12:50 MS * Muay Thai <i>Steven Dell</i>	10:30-11:20 CS * Beats Ride <i>Joseph Seeman</i>	3:30-4:15 YS * Barefoot Sculpt <i>Pasquale Guiducci</i>	10:30-11:15 MS * Best Butt Ever <i>Nicole Steen</i>	12:15-1:15 YS * Vinyasa Yoga <i>Frances Flores</i>	11:30-12:20 MS * BootKAMP <i>Kupah James</i>
2:00-2:45 YS * Pilates Fusion <i>Lesley Greer</i>	12:00-12:45 YS * Sound Meditation <i>Axel Zamora</i>	12:00-1:00 YS * Vinyasa Yoga <i>Donovan McGrath</i>	4:30-5:30 YS * Power Vinyasa <i>Pasquale Guiducci</i>	11:15-11:35 MS * Best Abs Ever <i>Nicole Steen</i>	12:30-1:15 MS * Rounds: Boxing <i>Steven Dell</i>	11:30-12:15 YS * Pilates Fusion <i>Emilie Perz</i>
3:00-4:15 YS * Power Vinyasa <i>Brent Laffoon</i>	1:00-1:45 YS * Pilates Fusion <i>Zsolt Banki</i>	2:00-2:50 YS * Pilates Rise Luis Cervantes	5:00-5:45 MS * Athletic Conditioning Myles Rodney	12:00-12:45 YS * Pilates Fusion <i>Zsolt Banki</i>	1:30-2:20 YS * Sculpted Yoga™ <i>Kate Willson</i>	1:00-2:00 YS * Weekend Wind Down Yoga <i>Emilie Perz</i>
4:30-5:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	4:30-5:30 YS * Power Vinyasa Donovan McGrath	3:30-4:15 YS * Sound Meditation <i>Buddy Macuha</i>	5:00-5:50 TR * Precision Run® <i>Lyo Reneau</i>	10:30-11:20 YS * Pilates Mat <i>Danielle English</i>	3:30-4:30 YS * Vinyasa Yoga Heather D.	3:30-4:30 YS * Yin Yoga <i>Lizbeth Vazquez</i>
5:00-5:45 MS * Rounds: Boxing <i>Steven Dell</i>	5:00-5:45 MS * Athletic Conditioning <i>Myles Rodney</i>	4:30-5:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	6:00-6:20 MS * Best Abs Ever <i>Lyo Reneau</i>	11:15-11:35 MS * Best Abs Ever <i>Nicole Steen</i>	4:45-5:30 YS * Sound Meditation <i>Lizbeth Vazquez</i>	
5:45-6:05 MS * Best Abs Ever <i>Steven Dell</i>	6:15-7:00 YS * Pilates Fusion <i>Lesley Greer</i>	5:00-5:50 MS * Whipped! <i>Jeff McMullen</i>	6:15-7:00 YS * Pilates Fusion <i>Lesley Greer</i>	12:15-1:00 MS * Rounds: Boxing <i>Ronit Koren</i>		
5:45-6:45 YS * Power Vinyasa <i>Trey Jones</i>	6:30-7:20 CS * Beats Ride Colette Bowen	5:45-6:45 MS * Power Vinyasa (HEATED) <i>Teo Chapelier</i>	6:20-6:50 MS * Upper Body Pump <i>Lyo Reneau</i>	1:00-2:00 YS * Power Vinyasa <i>Erin Grossman</i>		
6:00-6:50 CS * Beats Ride <i>Joseph Seeman</i>	6:30-7:15 MS * TRX Max <i>Valentine Baker</i>	YS * 6:00-6:50 CS * Beats Ride <i>Joseph Seeman</i>	7:30-8:30 YS * Power Vinyasa (HEATED) <i>Lesley Greer</i>	3:30-4:15 YS * Pilates Fusion <i>Lesley Greer</i>		
6:15-7:00 MS * Athletic Conditioning <i>Michael Myers</i>	7:30-8:30 YS * Vinyasa Yoga <i>Lesley Greer</i>	6:00-6:45 MS * Best Butt Ever <i>Robbie Darby</i>		4:30-5:20 CS * Precision Ride <i>Jeff McMullen</i>		
6:15-7:05 TR * Precision Run® <i>David Pisanich</i>		7:00-7:45 YS * Pilates Fusion <i>Makena Spooner-Leduff</i>		4:30-5:00 MS * Best Butt Ever <i>Michelle Costello</i>		
7:00-7:45 YS * Pilates Fusion <i>Zsolt Banki</i>		8:15-9:00 YS * Sound Meditation <i>Pete Lee</i>		4:30-5:30 YS * Power Vinyasa <i>Buddy Macuha</i>		
7:15-8:00 MS * Stronger <i>Axel Zamora</i>				5:00-5:30 MS * Upper Body Pump <i>Michelle Costello</i>		
8:15-9:00 YS * Sound Meditation <i>Pua Hall</i>				5:45-6:30 YS * Sound Meditation <i>Buddy Macuha</i>		
				7:00-7:45 YS * Special Event: Sound Bath <i>Lahila Oppenheimer</i>		

EQUINOX

WEST HOLLYWOOD

8590 Sunset Blvd
WEST HOLLYWOOD CA 90069
EQUINOX.COM
@EQUINOX

MON-THU 05:30 AM 10:30 PM

FRI 05:30 AM 09:30 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

jenia.koroleva@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.

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.

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.

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.

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.

Vinyasa Yoga (HEATED) 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.

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.

Yoga Shape Up Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretching. Shape up your body and mind with grounding vinyasa yoga flows, fiery resistance band and bodyweight sculpting, and rebalancing yoga stretches. You'll leave class feeling stronger and reenergized.

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.

BootKAMP BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

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.

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.

TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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.

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.

Boxing and Kickboxing

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

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

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

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.