

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 TR * Precision Run® <i>Jenia Koroleva</i>	6:45-7:30 MS * Stronger Jeff McMullen	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 Simone Berry	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>	9:00-9:50 TR * Precision Run® <i>Jenia Koroleva</i>	7:45-8:30 MS * Athletic Conditioning <i>Koni Nwaukoni</i>	9:00-9:50 MS * Whipped! <i>Jenia Koroleva</i>	9:15-10:05 MS * Athletic Conditioning <i>Koni Nwaukoni</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 YS * Barefoot Sculpt <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>	9:15-10:30 YS * Vinyasa Yoga (HEATED) <i>Emilie Perz</i>	9:45-10:30 CS * Beats Ride <i>Joseph Seeman</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>	9:15-10:00 MS * Athletic Conditioning <i>Ti Jones</i>	8:00-8:45 YS * Pilates Rise <i>Larisa Lotz</i>	10:00-10:45 CS * Beats Ride Tarek Cotran	10:00-11:00 YS * Yoga Shape Up <i>Frances Flores</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>	10:05-10:25 MS * Best Abs Ever <i>Ti Jones</i>	8:30-8:50 MS * Best Abs Ever <i>Koni Nwaukoni</i>	10:00-10:50 TR * Precision Run® <i>Ti Jones</i>	10:05-10:25 MS * Best Abs Ever <i>Koni Nwaukoni</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>Sean O'Donnell</i>	10:30-11:45 YS * Power Vinyasa <i>Aree Khodai</i>	9:00-10:00 YS * Vinyasa Yoga (HEATED) <i>Austin Hollingshead</i>	10:15-11:00 MS * TRX Max <i>Be Solomon</i>	10:35-11:05 MS * Upper Body Pump <i>Koni Nwaukoni</i>
10:15-11:15 YS * Hatha Yoga <i>Eddie Marashian</i>	9:15-10:00 MS * Sculpt <i>Frances Flores</i>	10:15-10:35 MS * Best Abs Ever <i>Sean O'Donnell</i>	12:00-12:30 MS * Best Butt Ever <i>Elle Young</i>	9:30-10:15 MS * Sculpt <i>Rick Logan</i>	11:15-12:00 YS * Pilates Fusion <i>Be Solomon</i>	11:30-12:15 MS * Athletic Conditioning <i>Lyo Reneau</i>
11:30-12:15 YS * Pilates Fusion <i>Zsolt Banki</i>	10:05-10:25 MS * Best Abs Ever <i>Pasquale Guiducci</i>	10:15-11:15 YS * Hatha Yoga <i>Eddie Marashian</i>	12:30-1:00 MS * Upper Body Pump <i>Elle Young</i>	10:30-11:20 CS * Beats Ride Cosmo Bertolini	11:30-12:15 MS * Best Butt Ever <i>Axel Zamora</i>	11:30-12:15 YS * Pilates Fusion <i>Emilie Perz</i>
12:00-12:45 MS * Stronger <i>Rick Logan</i>	10:30-11:45 YS * Power Vinyasa <i>Aree Khodai</i>	10:30-11:20 CS * Beats Ride Joseph Seeman	1:00-2:00 YS * Vinyasa Yoga <i>Shielu Bharwani</i>	10:30-11:15 MS * Best Butt Ever <i>Nicole Steen</i>	12:15-1:15 YS * Vinyasa Yoga <i>Frances Flores</i>	1:00-2:00 YS * Weekend Wind Down Yoga <i>Emilie Perz</i>
2:00-2:45 YS * Pilates Fusion <i>Lesley Greer</i>	12:00-12:50 TR * Precision Run® <i>Jenia Koroleva</i>	10:45-11:30 MS * MetCon3 <i>Sean O'Donnell</i>	3:30-4:15 YS * Barefoot Sculpt <i>Pasquale Guiducci</i>	10:30-11:20 YS * Pilates Mat <i>Danielle English</i>	12:30-1:15 MS * Rounds: Boxing <i>Steven Dell</i>	3:30-4:30 YS * Yin Yoga <i>Lizbeth Vazquez</i>
3:00-4:15 YS * Power Vinyasa <i>Brent Laffoon</i>	12:00-12:50 TR * Precision Run® <i>Jenia Koroleva</i>	12:00-1:00 YS * Vinyasa Yoga Donovan McGrath	4:30-5:30 YS * Power Vinyasa <i>Pasquale Guiducci</i>	11:15-11:35 MS * Best Abs Ever <i>Nicole Steen</i>	1:30-2:20 YS * Sculpted Yoga™ <i>Kate Willson</i>	4:45-5:30 YS * Sound Meditation <i>Lizbeth Vazquez</i>
4:30-5:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	12:00-12:45 YS * Sound Meditation <i>Axel Zamora</i>	1:30-2:20 YS * Pilates Rise <i>Luis Cervantes</i>	5:00-6:00 MS * Switch Up: Run + Strength <i>Jenia Koroleva Lyo Reneau</i>	12:00-12:45 YS * Pilates Fusion <i>Emilie Perz</i>	3:00-4:00 YS * Vinyasa Yoga Heather D.	
5:00-5:45 MS * Rounds: Boxing <i>Steven Dell</i>	1:00-1:45 YS * Pilates Fusion <i>Zsolt Banki</i>	3:30-4:15 YS * Sound Meditation <i>Buddy Macuha</i>	6:00-6:20 MS * Best Abs Ever <i>Lyo Reneau</i>	12:15-1:00 MS * Rounds: Boxing <i>Ronit Koren</i>		
5:45-6:05 MS * Best Abs Ever <i>Steven Dell</i>	4:30-5:30 YS * Power Vinyasa <i>Angel Desantis</i>	4:30-5:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	6:15-7:00 YS * Pilates Fusion <i>Lesley Greer</i>	1:00-2:00 YS * Power Vinyasa <i>Emilie Perz</i>		
5:45-6:45 YS * Power Vinyasa <i>Aree Khodai</i>	5:00-5:45 MS * Athletic Conditioning <i>Myles Rodney</i>	5:00-5:50 MS * Whipped! <i>Jeff McMullen</i>	6:20-6:50 MS * Upper Body Pump <i>Lyo Reneau</i>	3:30-4:15 YS * Pilates Fusion <i>Lesley Greer</i>		
6:00-6:50 CS * Beats Ride <i>Joseph Seeman</i>	5:30-6:20 CS * Beats Ride Latreal Mitchell	5:45-6:45 YS * Power Vinyasa (HEATED) <i>Teo Chapelier</i>	7:30-8:30 YS * Power Vinyasa (HEATED) <i>Lesley Greer</i>	4:30-5:20 CS * Precision Ride Jeff McMullen		
6:15-7:00 MS * Athletic Conditioning <i>Michael Myers</i>	6:15-7:00 YS * Pilates Fusion <i>Lesley Greer</i>	6:00-6:50 CS * Beats Ride <i>Joseph Seeman</i>		4:30-5:00 MS * Best Butt Ever <i>Eternity Ferrell</i>		
6:15-7:05 TR * Precision Run® <i>David Pisanich</i>	6:30-7:15 MS * TRX Max <i>Valentine Baker</i>	6:00-6:45 MS * Best Butt Ever <i>Robbie Darby</i>		4:30-5:30 YS * Power Vinyasa <i>Buddy Macuha</i>		
7:00-7:45 YS * Pilates Fusion <i>Zsolt Banki</i>	7:30-8:30 YS * Vinyasa Yoga <i>Lesley Greer</i>	7:00-7:45 YS * Pilates Fusion <i>Jonathan Jedrzejewski</i>		5:00-5:30 MS * Upper Body Pump <i>Eternity Ferrell</i>		
7:15-8:00 MS * Stronger <i>Axel Zamora</i>				5:45-6:30 YS * Sound Meditation <i>Buddy Macuha</i>		
8:15-9:00 YS * Sound Meditation <i>Pua Hall</i>						

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GROUP FITNESS MANAGER

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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.

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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. 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.

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.

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.

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.

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.