

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 TR * Precision Run® Jenia Koroleva	7:00-7:50 CS * <b>Beats Ride</b> Tiffany Daniels	6:45-7:30 TR * Precision Run® Jenia Koroleva	7:30-8:30 YS * Power Vinyasa Gina Brown	7:00-7:50 CS * Beats Ride Tiffany Daniels	8:00-8:50 TR * Precision Run® Jenia Koroleva	8:30-9:30 YS * Vinyasa Yoga Joseph Seeman
7:30-8:20 YS * Pilates Mat (HEATED) Jaclyn Winters	7:15-8:00 MS * <b>Circuit Training</b> Nik Andrews	7:00-7:45 MS * Athletic Conditioning Axel Zamora	8:30-9:15 TR * Precision Run® Jenia Koroleva	8:00-8:45 MS * Athletic Conditioning Koni Nwaukoni	9:00-9:50 MS * Circuit Training Austin Williams	9:00-9:45 TR * Precision Run® Ti Jones
8:45-9:30 YS * Pilates Mat Jonathan Jedrzejewski	7:30-8:30 YS * <b>Power Vinyasa</b> Buddy Macuha	7:30-8:15 YS * Bala Bangle Barre Burn Jessica Walker	9:00-9:45 YS * Pilates Fusion Jessica Walker	8:00-8:50 TR * Precision Walk: Elevate Rick Logan	9:00-9:50 TR * Precision Run® Jenia Koroleva	9:15-10:05 MS * Athletic Conditioning Koni Nwaukoni
9:15-10:00 TR * Precision Run® Jenia Koroleva	8:15-9:00 MS * <b>Rounds: Boxing</b> Nik Andrews	8:00-8:50 TR * Precision Run® Jenia Koroleva	9:15-10:00 MS * Athletic Conditioning Axel Zamora	8:00-8:45 YS * Pilates Rise Larisa Lotz	9:15-10:30 YS * Vinyasa Yoga (HEATED) Donovan McGrath	9:45-10:30 CS * Beats Ride Joseph Seeman
9:30-10:15 MS * MetCon Monday David Pisanich	9:00-9:50 TR * Precision Run® Buddy Macuha	8:45-9:30 YS * Pilates Mat Jaclyn Winters	10:15-11:15 YS * Power Vinyasa Teo Chapelier	8:45-9:05 MS * Upper Body Pump Koni Nwaukoni	10:00-10:45 CS * Beats Ride Tarek Cotran	10:00-11:00 YS * Yoga Shape Up Frances Flores
10:15-10:30 MS * Best Abs Ever David Pisanich	9:15-10:05 MS * Body Sculpt Frances Flores	9:30-10:15 MS * Best Butt Ever Michelle Costello	12:00-12:30 MS * Best Butt Ever Elle Young	9:00-10:00 YS * Vinyasa Yoga (HEATED) Austin Hollingshead	10:15-11:00 MS * Rhythmic Sculpt Be Solomon	10:05-10:25 MS * Best Abs Ever Koni Nwaukoni
10:15-11:15 YS * Hatha Yoga Eddie Marashian	10:30-11:30 YS * Power Vinyasa Donovan McGrath	10:15-10:35 MS * Best Abs Ever Michelle Costello	12:30-1:00 MS * Upper Body Pump Elle Young	9:15-10:00 CS * Beats Ride Cosmo Bertollini	11:15-12:00 YS * Pilates Fusion Be Solomon	10:35-11:05 MS * Upper Body Pump Koni Nwaukoni
11:30-12:15 YS * Pilates Fusion Zsolt Banki	12:00-12:50 MS * Muay Thai Steven Dell	10:15-11:15 YS * Hatha Yoga Eddie Marashian	1:00-2:00 YS * Restorative Yoga Shielu Bharwani	9:30-10:15 MS * Body Sculpt Rick Logan	11:30-12:15 MS * Best Butt Ever Axel Zamora	11:00-11:45 CS * Beats Ride Tiffany Daniels
12:00-12:45 MS * Stronger Rick Logan	12:00-12:45 YS * Sound Meditation Axel Zamora	10:30-11:20 CS * Beats Ride Joseph Seeman	3:15-4:00 YS * Pilates Mat Makena Spooner-Leduff	10:30-11:15 MS * Best Butt Ever Nicole Steen	12:15-1:15 YS * Power Vinyasa Gina Brown	11:30-12:15 MS * Circuit Training Nik Andrews
2:00-2:45 YS * Pilates Fusion Lesley Greer	1:00-1:45 TR * Precision Run® Jenia Koroleva	12:00-1:00 YS * Vinyasa Yoga Donovan McGrath	4:30-5:30 YS * Power Vinyasa Stephanie Morrell	10:30-11:20 YS * Pilates Mat Jaclyn Winters	12:30-1:15 MS * Rounds: Boxing Steven Dell	11:30-12:15 YS * Pilates Fusion Pia Kamonsit
3:00-4:15 YS * Power Vinyasa Brent Laffoon	1:00-1:45 YS * Pilates Fusion Zsolt Banki	2:00-2:50 YS * Pilates Rise Luis Cervantes	5:00-5:45 MS * Athletic Conditioning Myles Rodney	11:15-11:35 MS * Best Abs Ever Nicole Steen	1:30-2:30 YS * Sculpted Yoga™ Kate Willson	12:30-1:45 YS * Power Vinyasa Austin Hollingshead
4:30-5:30 YS * Vinyasa Yoga Joseph Seeman	4:30-5:30 YS * Power Vinyasa Donovan McGrath	3:30-4:15 YS * Sound Meditation Buddy Macuha	5:00-5:50 TR * Precision Run® Lyo Reneau	12:00-12:45 YS * Pilates Fusion Zsolt Banki	3:30-4:30 YS * Vinyasa Yoga Heather D.	3:30-4:30 YS * Yin Yoga Lizbeth Vazquez
5:00-5:45 MS * Rounds: Boxing Steven Dell	5:00-5:45 MS * Athletic Conditioning Myles Rodney	4:30-5:30 YS * Vinyasa Yoga Joseph Seeman	6:00-6:20 MS * Best Abs Ever Lyo Reneau	12:15-1:00 MS * Rounds: Boxing Ronit Koren		4:45-5:30 YS * Sound Meditation Lizbeth Vazquez
5:45-6:05 MS * Best Abs Ever Steven Dell	6:15-7:00 YS * Pilates Fusion Lesley Greer	5:00-5:50 MS * Whipped! Jeff McMullen	6:15-7:00 YS * Pilates Fusion Lesley Greer	1:00-2:00 YS * Power Vinyasa Erin Grossman		
5:45-6:45 YS * <b>Yin Yoga (HEATED)</b> Trey Jones	6:30-7:15 MS * TRX Max Valentine Baker	5:45-6:45 YS * Power Vinyasa (HEATED) Teo Chapelier	6:20-6:50 MS * Upper Body Pump Lyo Reneau	3:15-4:00 MS * <b>Rhythmic Sculpt</b> Jeff McMullen		
6:00-6:50 CS * Beats Ride Joseph Seeman	7:30-8:30 YS * Vinyasa Yoga Lesley Greer	6:00-6:50 CS * Beats Ride Joseph Seeman	7:30-8:30 YS * Power Vinyasa (HEATED) Lesley Greer	3:30-4:15 YS * Pilates Fusion Lesley Greer		
6:15-7:00 MS * Athletic Conditioning Michael Myers		6:15-7:00 MS * Cardio Sculpt Michelle Costello		4:30-5:20 CS * Precision Ride Jeff McMullen		
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8:15-9:00 YS * Sound Meditation Pete Lee						

# 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 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

**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.

**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™** 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.

**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 (HEATED)** Releasing tension through prolonged poses, this heated, 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.

## Hiit

**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.

**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.

**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

**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.

## Regeneration

**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

**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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**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.

**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.