

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|--|---|
| 6:15-7:05 MS* Athletic Conditioning <i>Jill Austin</i> | 6:00-6:45 CS* Beats Ride <i>Ronit Koren</i> | 6:15-7:05 MS* MetCon3 Orlando Deral | 6:00-6:45 CS* Beats Ride <i>Jared Sklar</i> | 6:15-7:05 MS* Stronger Piper Natoli | 8:15-9:00 YS* Pilates Mat Chris Stanley | 9:00-9:50 MS* MetCon3 <i>Tanja Djelevic</i> |
| 6:30-7:20 TR* Precision Run® <i>Ian Culbertson</i> | 6:15-7:00 MS* Cardio Sculpt <i>Nicholas Duran</i> | 6:30-7:20 YS* Pilates Fusion <i>Kat Colla</i> | 6:15-7:00 MS* Core6 Branden Roth | 6:30-7:20 TR* Precision Run + Strength <i>Orlando Deral</i> | 8:30-9:15 MS* Athletic Conditioning <i>Drea Marchesi</i> | 9:00-9:45 YS* True Barre: Off the Barre <i>Amanda Beasley</i> |
| 7:30-8:20 YS* Pilates Rise <i>Drea Marchesi</i> | 6:30-7:20 TR* Precision Run® <i>Jenia Koroleva</i> | 7:30-8:15 YS* True Barre: Bala Bangle <i>Kristina DelGrosso</i> | 6:30-7:20 TR* Precision Run® <i>Jenia Koroleva</i> | 7:30-8:20 YS* Pilates Mat <i>Jonathan Jedrzejewski</i> | 9:30-10:20 MS* Stronger <i>Andre Aultmon</i> | 10:00-10:50 TR* Precision Run® <i>Saori Soga</i> |
| 8:30-9:20 YS* True Barre: Bala Bangle <i>Kirstyn Lazur</i> | 7:15-8:15 YS* Power Vinyasa <i>Dylan Drew</i> | 8:45-9:30 MS* Best Butt Ever <i>Cosmo Bertollini</i> | 7:15-8:15 YS* Power Vinyasa <i>Dylan Drew</i> | 8:30-9:20 YS* True Barre: Bala Bangle <i>Dane Sorensen</i> | 9:30-10:15 YS* Barefoot Sculpt <i>Ayanna Contreras</i> | 10:00-11:15 YS* Hatha Yoga <i>Clio Manuelian</i> |
| 9:30-10:15 YS* Pilates Fusion <i>Pearl Fu</i> | 8:30-9:20 YS* Pilates Mat <i>Lindsey Hutterer</i> | 9:30-9:45 MS* Best Abs Ever <i>Cosmo Bertollini</i> | 8:30-9:20 YS* Pilates Rise <i>Drea Marchesi</i> | 8:45-9:35 MS* Athletic Conditioning <i>Chris Schram</i> | 9:45-10:35 TR* Precision Run® <i>Ross Neumann</i> | 10:15-11:05 MS* Athletic Conditioning <i>Ali Farahanny</i> |
| 10:15-11:00 MS* Cardio Sculpt <i>Nicholas Duran</i> | 9:45-10:30 MS* Body Sculpt <i>Jessica Halford</i> | 9:30-10:20 YS* Pilates Fusion <i>Cynthia San Luis</i> | 9:45-10:30 MS* Cardio Sculpt <i>Lindsey Hutterer</i> | 10:15-11:05 MS* Rhythmic Sculpt <i>Lindsey Hutterer</i> | 10:30-11:20 MS* True Barre: Cardio <i>Andre Aultmon</i> | 10:30-11:20 CS* Beats Ride <i>G.G. Aizcorbe</i> |
| 12:00-1:00 YS* Vinyasa Yoga <i>Austin Hollingshead</i> | 10:45-11:35 YS* True Barre: Bala Bangle <i>Jessica Halford</i> | 10:15-11:00 MS* Stronger <i>Chris Schram</i> | 10:30-11:15 YS* True Barre: Off the Barre <i>Nicholas Duran</i> | 12:00-1:00 YS* Slow Flow Yoga <i>Pia Kamonsit</i> | 10:30-11:20 YS* Vinyasa Yoga <i>Jad Kassouf</i> | 11:30-12:15 MS* Rounds: Boxing <i>Ronit Koren</i> |
| 12:30-1:00 MS* Best Butt Ever <i>Jessica Halford</i> | 12:00-12:50 MS* Stronger <i>Andre Aultmon</i> | 12:00-1:00 YS* Vinyasa Yoga <i>Austin Hollingshead</i> | 12:00-12:50 MS* Rhythmic Sculpt <i>Cynthia San Luis</i> | 12:30-1:20 MS* Rounds: Boxing <i>Aaron Bryant</i> | 10:45-11:30 CS* Beats Ride Cosmo Bertollini | 11:30-12:30 YS* Restorative Yoga <i>Saori Soga</i> |
| 1:00-1:15 MS* Upper Body Pump <i>Jessica Halford</i> | 1:00-2:00 YS* Power Vinyasa <i>Brent Laffoon</i> | 12:30-1:20 MS* Core6 <i>Katie Brummer</i> | 1:00-2:00 YS* Hatha Yoga <i>Clio Manuelian</i> | 1:30-2:20 YS* Pilates Fusion <i>Pia Kamonsit</i> | 11:30-12:15 MS* Best Stretch Ever <i>Jad Kassouf</i> | 1:00-1:50 YS* Pilates Mat <i>Jonathan Jedrzejewski</i> |
| 1:15-1:30 MS* Best Abs Ever <i>Jessica Halford</i> | 4:00-4:50 YS* Pilates Fusion <i>Pia Kamonsit</i> | 4:00-4:50 YS* Pilates Mat <i>Ayanna Contreras</i> | 4:00-4:50 YS* Pilates Fusion <i>Regina Santos</i> | 4:00-5:00 YS* Power Vinyasa <i>Shannon Branham</i> | 12:15-1:00 YS* Pilates Fusion <i>Regina Santos</i> | 4:00-5:00 YS* Slow Flow Yoga <i>Rachel Kennedy</i> |
| 4:00-4:50 YS* Pilates Fusion <i>Nora Harris</i> | 5:00-6:00 YS* Sculpted Yoga™ <i>Jad Kassouf</i> | 5:00-5:50 MS* Circuit Training <i>Piper Natoli</i> | 5:00-5:30 MS* Best Butt Ever <i>Titus-R'icard Baldwin</i> | 5:15-6:00 MS* Athletic Conditioning <i>Juanito Alvarez</i> | 1:15-2:30 YS* Vinyasa Yoga <i>Heather D.</i> | |
| 5:00-5:50 MS* Stronger <i>Lindsey Hutterer</i> | 5:15-6:05 MS* Stacked <i>Jessica Halford</i> | 5:45-6:45 YS* Vinyasa Yoga <i>Rachel Kennedy</i> | 5:00-5:45 YS* True Barre: Bala Bangle <i>Kristina DelGrosso</i> | 6:00-6:15 MS* Best Abs Ever <i>Juanito Alvarez</i> | 2:45-3:30 YS* Sound Meditation <i>Pua Hall</i> | |
| 5:15-6:15 YS* Power Vinyasa <i>Dylan Drew</i> | 5:30-6:15 CS* Beats Ride <i>Emily Eckstein</i> | 6:00-6:45 CS* Anthem Ride <i>Kyra Manayan</i> | 5:30-6:15 CS* THEME RIDE: <i>Christina Davis</i> | 6:00-6:50 YS* Pilates Fusion <i>Shannon Branham</i> | | |
| 6:00-6:50 CS* Beats Ride <i>Karen Schneider</i> | 6:15-7:05 TR* Precision Run® <i>Sam Hassas</i> | 6:15-7:00 MS* Rounds: Boxing <i>Martin Dorsla</i> | 5:30-6:00 MS* Best Abs Ever <i>Titus-R'icard Baldwin</i> | 6:30-7:15 MS* Feel Good Friday: Studio Dance <i>Safire R.</i> | | |
| 6:15-7:00 MS* Athletic Conditioning <i>Myles Rodney</i> | 6:15-7:00 YS* True Barre: Off the Barre <i>Denise Antoine</i> | 7:15-8:00 MS* Athletic Conditioning <i>Myles Rodney</i> | 6:00-7:00 YS* Vinyasa Yoga <i>Lindsey Valdez</i> | | | |
| 6:30-7:30 YS* Vinyasa Yoga <i>Buddy Macuha</i> | 6:30-7:15 MS* Best Stretch Ever Blake Sunshine | 7:45-8:30 YS* True Barre: Bala Bangle <i>Kirstyn Lazur</i> | 6:15-7:05 TR* Precision Run® <i>Ross Neumann</i> | | | |
| 7:15-8:00 MS* Rounds: Boxing <i>Juanito Alvarez</i> | 7:15-8:00 YS* Pilates Fusion <i>Meri Bobber</i> | | 6:30-7:15 MS* MetCon3 <i>Sam Hassas</i> | | | |
| 7:45-8:30 YS* Sonic Meditation <i>Buddy Macuha</i> | | | 7:15-8:00 YS* Pilates Mat <i>Chris Stanley</i> | | | |

EQUINOX

WESTWOOD

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LOS ANGELES CA 90024

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

lindsey.hutterer@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

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

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 + Strength A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

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.

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

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

Barre

True Barre: Bala Bangle This sculpt 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.

True Barre: Cardio Give your barre workout a cardio boost 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.

True Barre: Off the Barre 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 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 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

Feel Good Friday: Studio Dance Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

Boxing

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

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

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.

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.

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, light-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.

Strength

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.

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.

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.

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.