

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 MS * MetCon Monday <i>Patti McCullum</i>	5:45-6:30 MS * Stacked <i>Marzena Janasik</i>	5:45-6:30 MS * Stronger <i>Alexis Harrell</i>	5:45-6:30 MS * Tabata Max <i>Nikki Elliott</i>	6:00-6:50 YS * Pilates Rise <i>Milena Sarian</i>	7:45-8:30 CS * Anthem Ride <i>Kristen Fox</i>	8:00-8:45 CS * Precision Ride <i>Attila Fruttus</i>
6:00-6:45 YS * Pilates Mat <i>Cory London</i>	6:00-6:50 YS * Pilates Fusion (HEATED) <i>Kaci Bacher</i>	6:30-7:15 CS * Beats Ride <i>Attila Fruttus</i>	6:00-7:00 YS * Vinyasa Yoga (HEATED) <i>Kaci Bacher</i>	6:15-7:00 MS * Playground Experience - PGX <i>Marcus Cargill</i>	8:00-8:45 MS * Stronger <i>Bibi Mama</i>	8:15-9:00 RD * Athletic Conditioning - Outdoors <i>Marcus Cargill</i>
6:30-7:15 CS * Anthem Ride <i>Anthony Iglesias</i>	6:30-7:15 CS * Beats Ride <i>Maria Garcia</i>	7:15-8:15 YS * Power Vinyasa <i>Raphie Chiaramonte</i>	6:30-6:45 MS * Best Abs Ever <i>Nikki Elliott</i>	6:30-7:15 CS * Precision Ride <i>George Wyhinny</i>	8:15-9:00 RD * Athletic Conditioning - Outdoors <i>Patti McCullum</i>	9:10-9:55 MS * Stronger <i>Marisa Gonzalez</i>
7:15-8:05 MS * Bala Bangle Barre Burn <i>Kari McKillip</i>	9:00-10:00 YS * Hatha Yoga <i>Jay Cruz</i>	9:00-9:45 MS * Cardio Sculpt <i>Pearl Fu</i>	6:30-7:20 TR * Precision Run@ <i>Anthony Iglesias</i>	8:45-9:30 MS * Stronger <i>Marzena Janasik</i>	8:15-9:05 TR * Precision Run@ <i>Jess Gronholm</i>	9:15-10:15 YS * Yin Yoga (HEATED) <i>Newton Campbell</i>
8:15-9:00 TR * Precision Walk: Elevate <i>Kari McKillip</i>	9:15-10:00 MS * Best Butt Ever <i>Maria Garcia</i>	9:15-10:00 RD * TRX Max (L2) <i>Maria Garcia</i>	9:00-10:00 TR * Switch Up: Run + Strength <i>Casey Sines</i>	9:30-10:15 YS * Best Stretch Ever <i>Jay Cruz</i>	9:00-9:45 MS * Cardio Kickboxing <i>Susie Arellano-Reed</i>	9:55-10:10 MS * Best Abs Ever <i>Marisa Gonzalez</i>
9:15-10:00 MS * Cardio Sculpt <i>Nathan Norrington</i>	10:15-11:00 MS * Barre <i>Cailyn O'Donnell</i>	10:00-10:45 MS * Trilogy Barre <i>Ava Moreno</i>	MS * 9:00-10:00 YS * Sculpted Yoga™ <i>Cailyn O'Donnell</i>	10:00-10:45 MS * Barre <i>Samarah Williams</i>	9:15-10:15 CL * Outdoor Run Club <i>Bibi Mama</i>	10:45-11:35 MS * True Barre <i>Nathan Norrington</i>
9:30-10:15 CS * Beats Ride <i>Latif Diop</i>	12:00-1:00 YS * Vinyasa Yoga <i>Cailyn O'Donnell</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Ava Moreno</i>	10:15-11:00 MS * Barefoot Sculpt <i>Cailyn O'Donnell</i>	10:45-11:45 YS * Power Vinyasa <i>Jessica Paquette</i>	9:15-10:05 CS * Precision Ride <i>Maria Garcia</i>	11:00-12:00 YS * Power Vinyasa <i>Ava Moreno</i>
10:15-10:45 MS * Upper Body Pump <i>Maria Garcia</i>	5:00-6:00 YS * Sculpted Yoga™ <i>Milena Sarian</i>	12:00-12:45 MS * Barre <i>Samarah Williams</i>	12:00-1:00 YS * Power Vinyasa (HEATED) <i>Denise Antoine</i>	12:00-12:45 MS * Sculpt <i>Amanda Taylor</i>	9:15-10:15 YS * Power Vinyasa <i>Jennifer Allen</i>	12:15-1:05 MS * Pilates Rise <i>Nika Eshetu</i>
10:45-11:15 MS * Best Abs Ever <i>Maria Garcia</i>	5:30-6:15 MS * Stronger <i>Marzena Janasik</i>	12:15-1:00 YS * Best Stretch Ever <i>Dan Ward</i>	4:00-4:45 MS * Pilates Mat <i>Cailyn O'Donnell</i>	4:00-4:50 MS * Pilates Rise <i>Milena Sarian</i>	10:00-10:45 MS * Tabata Max <i>Kristen Fox</i>	12:30-1:15 YS * Sonic Meditation <i>Ava Moreno</i>
10:45-11:45 YS * Hatha Yoga <i>Sarra Morton</i>	6:15-7:00 RD * Athletic Conditioning - Outdoors <i>Susie Arellano-Reed</i>	4:15-5:00 MS * Barre <i>Cailyn O'Donnell</i>	5:00-6:00 YS * Vinyasa Yoga <i>Ava Moreno</i>	5:15-5:45 MS * Tabata Max <i>Claudine Cooper</i>	10:30-11:15 RD * TRX Max (L2) <i>Maria Garcia</i>	3:00-4:10 YS * Yin Yoga Meditation <i>Shazi Usman</i>
12:00-12:50 MS * Stronger <i>Maria Garcia</i>	6:30-7:15 BR * Rounds: Boxing <i>Juanito Alvarez</i>	5:00-6:00 YS * Yin Yoga Meditation <i>Cailyn O'Donnell</i>	6:00-6:45 MS * Best Butt Ever <i>Nathan Norrington</i>	5:30-6:30 MS * Power Vinyasa (HEATED) <i>Dylan Drew</i>	11:00-11:55 MS * Hip Hop <i>Nupeir Garret</i>	
4:15-5:00 MS * Barefoot Sculpt <i>Cailyn O'Donnell</i>	6:30-7:15 MS * Barefoot Sculpt <i>Michelle Razavi</i>	5:15-6:00 RD * Athletic Conditioning - Outdoors <i>Patti McCullum</i>	6:00-6:45 MS * Tabata Max - Outdoors <i>Renee Max</i>	5:45-6:15 MS * Best Butt Ever <i>Claudine Cooper</i>	12:05-12:50 MS * Ballet-Style Training <i>Nupeir Garret</i>	
5:00-6:00 YS * Vinyasa Yoga (HEATED) <i>Sabrina Mata</i>	6:30-7:30 PD * EQX H2O: Swim Basics <i>Dana Staggs</i>	6:00-6:45 MS * MetCon3 <i>U. B. Sanchez</i>	6:30-7:30 CL * Outdoor Run Club <i>Anthony Iglesias</i>		1:00-1:50 YS * Sound Meditation <i>Pua Hall</i>	
5:45-6:35 TR * Precision Run@ <i>Jess Gronholm</i>	6:30-7:30 YS * Gentle Yoga <i>Pete Lee</i>	6:15-7:00 CS * Beats + Bands Ride <i>Patti McCullum</i>	6:30-7:30 PD * EQX H2O: Distance (L2) <i>Dana Staggs</i>		3:00-4:00 YS * Weekend Wind Down Yoga (HEATED) <i>Jay Cruz</i>	
6:00-6:45 MS * Ropes and Rowers <i>Renee Max</i>	6:45-7:30 CS * Precision Ride <i>Attila Fruttus</i>	6:30-7:30 PD * Swim Team (L2) <i>Dana Staggs</i>	7:00-8:00 MS * Hip Hop <i>Arthur Crenshaw</i>			
6:30-7:30 PD * EQX H2O: Distance (L2) <i>Dana Staggs</i>	7:30-8:20 MS * Cardio Dance <i>Tier Elera</i>	7:00-7:45 BR * Rounds: Boxing <i>U. B. Sanchez</i>	7:00-8:00 MS * Restorative Yoga <i>Nathan Norrington</i>			
6:45-7:30 CS * Beats Ride <i>Greg Davis</i>	7:45-8:30 YS * Sound Meditation <i>Pete Lee</i>	7:00-8:00 YS * Vinyasa Yoga <i>Dylan Drew</i>				
7:00-7:45 BR * Rounds: Boxing <i>Nupeir Garret</i>		7:15-8:05 MS * Pilates Fusion <i>Cory London</i>				
7:00-8:00 YS * Athletic Stretch <i>Jay Cruz</i>						
7:15-8:05 MS * Trilogy Barre <i>Ava Moreno</i>						

EQUINOX

SOUTH BAY

5400 Rosecrans Avenue

HAWTHORNE CA 90250

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SAT 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

maria.garcia@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

PD Pool Deck

CL Club Lobby

RD Roof Deck

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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that’s unlike anything you’ve tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

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

Outdoor Run Club Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

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.

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

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.

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.

Weekend Wind Down Yoga (HEATED) 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 (HEATED) Releasing tension through prolonged poses, this heated, open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

Athletic Training

Athletic Conditioning - Outdoors 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.

Playground Experience - PGX Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

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.

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.

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.

Tabata Max - Outdoors 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

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.

Ballet-Style Training This ballet based workout is designed to create a defined, long, and lean dancer’s body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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.

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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

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.

Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Boxing and Kickboxing

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

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.

Pool

EQX H2O: Distance A freestyle swim workout that focuses on breath work, building time, increasing volume, and learning new strategies to build endurance. Max volume 3000 yds. An Equinox exclusive. Swim cap required, and goggles are optional.

EQX H2O: Swim Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

Swim Team Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles required.

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.

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.

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.

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.

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.