

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * MetCon Monday <i>Sarah MacKay</i>	6:15-7:00 CS * Beats Ride <i>Sarah MacKay</i>	6:00-6:45 MS * Athletic Conditioning <i>Maya Abu-Mansour</i>	6:15-7:00 CS * Beats Ride <i>Sharon Perez</i>	6:00-6:50 MS * Tabata Max <i>Derek Ringold</i>	8:00-8:30 TR * Precision Run 30 <i>Greg Cohen</i>	8:00-8:45 YS * Barre <i>Ash Moss</i>
6:30-7:20 TR * Precision Run® <i>Andre Aultmon</i>	6:30-7:15 MS * Stronger <i>Elle Young</i>	6:30-7:20 TR * Precision Run + Strength <i>Jill Karrenbrock</i>	6:30-7:20 MS * Whipped! <i>Elle Young</i>	7:00-7:45 YS * Pilates Mat <i>Poirsha Woolfork</i>	8:15-9:30 YS * Power Vinyasa <i>Kristyn Evelyn</i>	8:45-9:35 MS * Whipped! <i>Ashleigh Smith</i>
7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Micki Duran</i>	7:00-7:50 YS * Pilates Mat <i>Poirsha Woolfork</i>	7:00-8:00 YS * Yin Yoga Meditation (HEATED) <i>Shannon Branham</i>	7:00-7:45 YS * True Barre <i>Natalia Perzyna</i>	7:15-8:00 MS * Stronger <i>Maya Abu-Mansour</i>	8:30-9:15 MS * Stronger <i>Stephanie Czajkowski</i>	9:00-9:50 YS * Pilates Fusion <i>Aleesa Lapierre</i>
7:15-8:05 MS * Whipped! <i>Jason Brown</i>	7:30-8:15 MS * Stacked <i>Elle Young</i>	7:15-8:00 MS * MetCon3 <i>Emily Matt</i>	7:30-8:15 MS * Stacked <i>Greg Cohen</i>	8:30-9:15 MS * Ropes and Rowers <i>Megan Lera</i>	9:00-9:45 CS * Beats Ride <i>Nowani Rattray</i>	9:30-10:15 CS * Beats Ride <i>Sara Perez</i>
8:30-9:15 MS * Stronger <i>Elle Young</i>	8:30-9:30 YS * Power Vinyasa <i>Grace Huang</i>	8:30-9:15 MS * Best Butt Ever <i>Natalie Yco</i>	8:30-9:30 YS * Power Vinyasa (HEATED) <i>Grace Huang</i>	8:45-9:30 CS * Beats Ride <i>Orlando Deral</i>	9:30-10:15 MS * MetCon3 <i>Greg Cohen</i>	9:45-10:30 TR * Precision Run® <i>Ashleigh Smith</i>
8:45-9:30 CS * Beats Ride <i>Emily Cruz</i>	8:45-9:35 MS * Athletic Conditioning <i>Alicia Garrity</i>	8:45-9:30 MS * Beats Ride <i>Cosmo Bertollini</i>	8:45-9:30 MS * Stronger <i>Blake Sunshine</i>	9:00-9:45 MS * Trilogy Barre <i>Braxton Brooks</i>	9:45-10:30 YS * EQX Barre Burn <i>Dana Perri</i>	10:00-10:45 MS * Athletic Conditioning <i>Jenny Jaucian</i>
9:00-9:45 YS * Trilogy Barre <i>Lorena Ortiz</i>	9:00-9:45 CS * Beats Ride <i>Lacey Stone</i>	9:00-9:45 YS * Pilates Mat <i>Anna Palms</i>	9:00-9:45 CS * Beats Ride <i>Sara Perez</i>	9:30-10:30 MS * Cardio Sculpt <i>Christine Roderick</i>	10:15-11:00 CS * Beats Ride <i>Lacey Stone</i>	10:30-11:45 YS * Vinyasa Yoga <i>Nicolas Diiorio</i>
9:30-10:30 MS * Cardio Sculpt <i>Christine Roderick</i>	10:00-10:50 MS * Studio Dance: Contemporary <i>Odell</i>	9:30-10:15 MS * The Cut <i>Candyce Heather</i>	9:45-10:30 MS * MetCon3 <i>Dana Perri</i>	10:00-11:00 YS * Vinyasa Yoga <i>Trey Jones</i>	10:30-11:00 MS * Best Stretch Ever <i>Greg Cohen</i>	11:00-11:45 MS * Stronger <i>Maya Abu-Mansour</i>
10:00-11:00 YS * Vinyasa Yoga <i>Kristyn Evelyn</i>	10:30-11:20 YS * EQX Barre Burn <i>Luis Cervantes</i>	10:00-11:00 YS * Slow Flow Yoga <i>Grace Huang</i>	10:30-11:20 YS * Pilates Fusion <i>Trevor Kent</i>	11:15-12:05 TR * Precision Run® <i>Orlando Deral</i>	10:45-11:45 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	12:00-12:45 YS * True Barre <i>Phoebe Raye</i>
11:15-12:00 YS * Pilates Mat <i>Niki Kramer</i>	11:45-12:45 YS * Vinyasa Yoga <i>Shannon Branham</i>	10:30-11:20 MS * Rhythmic Sculpt <i>Candyce Heather</i>	10:45-11:30 MS * Best Butt Ever <i>Nicole Steen</i>	11:15-12:00 YS * Barre Beyond <i>Dana Perri</i>	11:15-12:00 MS * Rounds: Boxing <i>Kim Waldauer</i>	12:15-12:45 MS * Best Butt Ever <i>Natalie Schervish</i>
12:15-1:00 CS * Beats Ride <i>Stephanie Walsh</i>	12:00-12:45 MS * Best Butt Ever <i>Sheila Lee</i>	11:30-12:15 YS * Barre Beyond <i>Lorena Ortiz</i>	11:45-12:45 YS * Vinyasa Yoga <i>Joseph Seeman</i>	12:15-1:00 CS * Beats Ride <i>Lacey Stone</i>	12:00-1:00 YS * Vinyasa Yoga (HEATED) <i>Jaclyn Winters</i>	12:45-1:15 MS * Best Abs Ever <i>Natalie Schervish</i>
12:30-1:15 MS * Tabata Max <i>Dana Perri</i>	12:30-1:15 CS * Beats Ride <i>Orlando Deral</i>	12:00-12:50 MS * Ropes and Rowers <i>Brandon Mayweather</i>	12:00-12:45 MS * Pure Strength <i>Orlando Deral</i>	12:30-1:20 MS * Stronger <i>Sheila Lee</i>	12:15-1:00 MS * Best Butt Ever <i>Sheila Lee</i>	2:00-3:00 YS * Vinyasa Yoga <i>Shielu Bharwani</i>
1:00-2:00 YS * Yin Yoga <i>Chrissy Gonzalez</i>	1:15-2:00 YS * Pilates Fusion <i>Maya Gorodetsky</i>	1:00-2:00 YS * Yin Yoga (HEATED) <i>Trey Jones</i>	1:15-2:00 YS * Trilogy Barre <i>Niki Kramer</i>	1:00-1:45 YS * Barefoot Sculpt <i>Andre Aultmon</i>	1:30-2:20 YS * Pilates Fusion <i>Larisa Lotz</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Eka Ekong</i>
3:00-3:50 YS * Pilates Rise <i>Larisa Lotz</i>	3:00-3:45 YS * Barefoot Sculpt <i>Tanja Djelevic</i>	3:00-3:50 YS * Barre <i>Jeremy Peters</i>	3:00-3:50 YS * Pilates Rise <i>Larisa Lotz</i>	3:00-3:50 YS * Pilates Mat <i>Jaclyn Winters</i>	3:30-4:30 YS * Restorative Yoga <i>Micki Duran</i>	
4:30-5:15 YS * Bala Bangle Barre Burn <i>Nikita Chaudhry</i>	4:15-5:00 YS * Trilogy Barre <i>Zsolt Banki</i>	4:30-5:15 YS * Pilates Fusion (HEATED) <i>Maya Gorodetsky</i>	4:15-5:00 YS * True Barre <i>Zsolt Banki</i>	4:45-5:45 YS * Yin Yoga <i>Lizbeth Vazquez</i>	5:00-5:45 YS * Sound Meditation <i>Saori Soga</i>	
5:00-5:45 MS * MetCon Monday <i>Greg Cohen</i>	5:15-6:00 MS * Rounds: Kickboxing <i>Natalie Yco</i>	5:00-5:45 MS * Stronger <i>Tanja Djelevic</i>	5:00-5:45 MS * Ropes and Rowers <i>Megan Lera</i>	5:00-5:30 MS * Best Butt Ever <i>Victoria Ralston</i>		
5:30-6:15 CS * Beats Ride <i>Cosmo Bertollini</i>	5:45-6:35 TR * Precision Run® <i>Jimmy Joseph</i>	5:30-6:15 CS * Beats Ride <i>Orlando Deral</i>	5:45-7:00 YS * Yin Yoga (HEATED) <i>Patrick Minas</i>	5:30-6:15 CS * Beats Ride <i>Cosmo Bertollini</i>		
5:45-6:45 YS * Vinyasa Yoga <i>Alessandra Bonetti</i>	5:45-6:45 YS * Sculpted Yoga™ <i>Annie Kelly</i>	5:45-6:45 YS * Vinyasa Yoga <i>Jaclyn Winters</i>	6:00-6:45 CS * Beats Ride <i>Emily Cruz</i>	5:30-6:00 MS * Best Abs Ever <i>Victoria Ralston</i>		
6:00-6:45 MS * Rounds: Boxing Circuit <i>Greg Cohen</i>	6:00-6:45 CS * Beats Ride <i>Nowani Rattray</i>	6:00-6:45 MS * Best Stretch Ever <i>Tanja Djelevic</i>	6:00-6:50 MS * Rhythmic Sculpt <i>Luis Cervantes</i>	6:00-6:45 YS * Sound Meditation <i>Lizbeth Vazquez</i>		
7:00-7:45 YS * Pilates Mat (HEATED) <i>Sharifa Bailey</i>	6:15-7:00 MS * Best Butt Ever <i>Natalie Yco</i>	7:00-7:45 YS * Trilogy Barre <i>Braxton Brooks</i>	7:00-7:45 MS * Rounds: Boxing <i>Greg Cohen</i>			
7:15-8:00 MS * Stronger <i>Blake Sunshine</i>	7:15-8:00 MS * Best Stretch Ever <i>Blake Sunshine</i>	7:15-8:05 MS * Studio Dance: Jazz Groove <i>Nico O'Connor</i>	7:15-8:15 YS * Vinyasa Yoga <i>Alessandra Bonetti</i>			
8:15-9:05 MS * Studio Dance: Jazz Groove <i>Nico O'Connor</i>	7:15-8:30 YS * Vinyasa Yoga (HEATED) <i>Micki Duran</i>	8:15-9:00 YS * Sound Meditation <i>Cici Pringle</i>				
8:15-9:00 YS * Sound Meditation <i>Stephanie Morrell</i>						

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GROUP FITNESS MANAGER

gregory.cohen@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.

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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

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.

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.

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.

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 (HEATED) 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.

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.

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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

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.

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.

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.

Barre Beyond Level up your barre experience 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.

EQX Barre Burn 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.

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.

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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

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

Studio Dance: Jazz Groove Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.

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.

Rounds: Boxing Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

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.

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.

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.