

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Tabata Max <i>Nikki Elliott</i>	6:15-7:00 MS * MetCon3 Bibi Mama	6:30-7:15 MS * Stronger Marzena Janasik	6:15-6:45 MS * Tabata Cardio 30 Marzena Janasik	6:30-7:15 MS * Off The Barre Tessa Southwell	8:00-8:45 MS * MetCon3 <i>Casey Sines</i>	8:45-9:35 YS * Pilates Fusion <i>Monica Diederich</i>
7:30-8:20 YS * Pilates Fusion <i>Nika Eshetu</i>	7:00-8:00 YS * Vinyasa Yoga <i>Laurel Eriane</i>	6:45-7:30 CS * Beats Ride Bernard Colburn	6:30-7:20 TR * Precision Run@ <i>Sara McGowan</i>	6:45-7:30 CS * Cycle Power <i>Kathy Habert</i>	8:15-9:05 YS * Pilates Rise <i>Sarah Carr</i>	9:00-9:50 CS * Beats Ride Jenn Leitzes
8:30-9:15 MS * MetCon Monday <i>Amanda Taylor</i>	7:15-8:05 MS * Stronger <i>Bibi Mama</i>	7:30-8:20 YS * Pilates Fusion <i>Monica Diederich</i>	6:45-7:15 MS * Best Butt Ever Marzena Janasik	7:30-8:30 YS * Power Vinyasa <i>Dylan Drew</i>	9:00-9:45 MS * The Cut <i>Marzena Janasik</i>	9:00-9:45 MS * Stacked <i>Michaeleen Christakos</i>
8:45-9:35 TR * Precision Walk: Elevate <i>Sara McGowan</i>	8:00-8:50 CS * Beats Ride Sara McGowan	8:30-9:15 MS * Athletic Conditioning <i>Austin Cagley</i>	7:00-8:00 YS * Vinyasa Yoga Frances Freitas	8:30-9:15 MS * Stacked <i>Jada Kelly</i>	9:15-10:05 CS * Anthem Ride <i>Sara McGowan</i>	10:00-10:50 MS * Stronger <i>Brenna Dwyer</i>
9:00-10:00 YS * Vinyasa Yoga <i>Steve Jones</i>	8:30-9:20 MS * Pilates Rise <i>Maya Fiorella</i>	9:00-10:00 YS * Vinyasa Yoga <i>Kishan Shah</i>	7:30-8:15 MS * Barefoot Sculpt <i>Ava Moreno</i>	9:00-10:00 YS * Vinyasa Yoga <i>Sarra Morton</i>	9:15-10:15 YS * Vinyasa Yoga <i>Valeriya Rimer</i>	10:00-11:00 YS * Spirit Yoga <i>Jen E. Smith</i>
9:30-10:20 CS * Beats Ride Rene Wiley	9:00-10:00 YS * Vinyasa Yoga <i>Jess Ray</i>	9:30-10:20 CS * Cycle Power <i>Tracy Washburn</i>	8:30-9:20 MS * Stronger <i>Derek Ringold</i>	9:30-10:20 CS * Beats Ride Eileen O'Connell	10:00-10:50 MS * EQX Barre Burn <i>Dane Sorensen</i>	12:30-1:30 YS * Power Vinyasa <i>Jay Cruz</i>
9:30-10:20 MS * Bala Bangle Barre Burn <i>Susannah Hake</i>	9:30-10:15 MS * Sculpt Bibi Mama	9:30-10:20 MS * Tabata Max <i>Marzena Janasik</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jocelyn Solomon</i>	9:30-10:00 MS * Best Butt Ever <i>Tracy Washburn</i>	10:00-10:45 TR * Precision Run@ <i>Casey Sines</i>	12:45-1:35 MS * Bala Bangle Barre Burn <i>Lindsay B. Davis</i>
10:30-11:30 YS * Vinyasa Yoga <i>Jocelyn Solomon</i>	10:20-11:05 MS * Best Stretch Ever <i>Sara McGowan</i>	10:30-11:30 YS * Slow Flow Yoga <i>Jess Ray</i>	9:30-10:20 MS * Bala Bangle Barre Burn <i>Ava Moreno</i>	10:00-10:20 MS * Best Abs Ever <i>Tracy Washburn</i>	11:00-11:50 MS * Cardio Dance <i>Melissa Zugell</i>	3:00-4:00 Weekend Wind Down Yoga <i>Kiyomi Takahashi</i>
12:15-1:05 YS * Pilates Rise <i>Amy Bishop</i>	12:15-1:05 MS * Barefoot Sculpt Maeve McCaffrey	12:15-1:05 YS * Pilates Fusion <i>Sarah Carr</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Sara McGowan</i>	10:30-11:30 YS * Gentle Yoga <i>Kate Stone</i>	11:15-12:15 YS * Yin Yoga <i>Lotem Porat</i>	
4:15-5:00 MS * Cardio Dance <i>Nkechi Okonkwo</i>	4:30-5:30 YS * Vinyasa Yoga <i>Frances Flores</i>	4:15-5:00 MS * Off The Barre Tessa Southwell	10:30-11:15 MS * Best Stretch Ever <i>Sara McGowan</i>	12:15-1:05 MS * Sculpt <i>Kari McKillip</i>	12:15-1:05 MS * Rounds: Boxing <i>Cody Stoute</i>	
5:15-6:00 MS * Whipped! <i>Jeff McMullen</i>	5:15-6:00 MS * Pilates Fusion <i>Drea Marchesi</i>	5:15-6:00 TR * Precision Run@ <i>Rene Wiley</i>	12:15-1:00 MS * Cardio Dance <i>Dane Sorensen</i>	5:00-5:50 MS * Stronger <i>Kam Falkowski</i>	12:30-1:15 YS * Sound Meditation <i>Tiffany Leonardo</i>	
5:45-6:45 YS * Vinyasa Yoga <i>Ashley Shubert</i>	5:45-6:45 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	5:15-6:15 YS * Power Vinyasa <i>Michelle Razavi</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Denise Antoine</i>	5:15-6:00 YS * Pilates Fusion <i>Drea Marchesi</i>		
6:15-7:05 CS * Beats Ride Latif Diop	6:15-7:05 CS * Beats Ride Christina Davis	5:30-6:20 MS * Sculpt <i>Caitlyn Moyer</i>	5:15-6:00 MS * Stacked <i>Heidi Carignan</i>	6:15-7:15 YS * Weekend Wind Down Yoga <i>Trey Jones</i>		
6:15-7:05 MS * Stronger <i>Kathy Habert</i>	6:15-7:00 MS * MetCon3 <i>Drea Marchesi</i>	6:15-7:05 CS * Beats Ride Rene Wiley	5:45-6:45 YS * Vinyasa Yoga <i>Austin Hollingshead</i>			
7:00-8:00 YS * Sculpted Yoga™ <i>Kate Stone</i>	7:00-8:00 YS * Yin Yoga Meditation <i>Shazi Usman</i>	6:30-7:15 MS * Cardio Dance <i>Dane Sorensen</i>	6:30-7:15 MS * Best Butt Ever Bibi Mama			
7:15-8:05 MS * Rounds: Boxing <i>Cody Stoute</i>	7:15-8:00 MS * Off The Barre Samarah Williams	7:15-8:00 YS * Sonic Meditation <i>Pua Hall</i>	7:00-7:50 YS * Pilates Fusion <i>Maya Fiorella</i>			
		7:30-8:15 MS * Best Stretch Ever Jay Cruz				

EQUINOX

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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

Kids

MON-GROUP 08:00 AM 12:00 PM

GRAND FITNESS MANAGER

sara.mcgowan@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.

Cycle Power A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

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

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.

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.

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.

Spirit Yoga An open class focused on clearing your mind and connecting with your body through meditative poses.

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.

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 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 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.

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 Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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.

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.

Off The Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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 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.

Boxing and Kickboxing

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.

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.

Stretch and Recovery

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.

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.