

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

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-SUN 08:00 AM 12:00 PM

GROUP 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.

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

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.

BootKAMP BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

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 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.

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.

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.