

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

EQUINOX

MARINA DEL REY

13455 Maxella Avenue, Suite 204

MARINA DEL REY CA 90292

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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 + 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

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.

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.

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

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.

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.

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.