

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 CS * Beats Ride <i>Karen Schneider</i>	6:30-7:15 MS * Tabata Max <i>Jill Brown</i>	6:30-7:20 CS * Beats Ride <i>Stephanie Walsh</i>	6:30-7:15 MS * Stronger <i>Brenna Dwyer</i>	6:30-7:20 MS * Pilates Fusion <i>Jill Brown</i>	8:00-8:50 MS * Body Sculpt <i>Jill Brown</i>	8:00-8:50 MS * Barre <i>Kristina DelGrosso</i>
6:30-7:15 MS * Stacked <i>Aidan Dayani</i>	8:00-8:50 CS * Beats Ride <i>Wil Ashley</i>	6:30-7:15 MS * MetCon3 <i>Kate Willson</i>	8:00-8:50 CS * Beats Ride <i>Wil Ashley</i>	7:00-8:00 YS * Vinyasa Yoga <i>Rachel Ross</i>	8:15-9:05 CS * Beats Ride <i>Edgar Asars</i>	8:30-9:30 YS * Vinyasa Yoga <i>Jad Kassouf</i>
7:00-8:00 YS * Vinyasa Yoga <i>Rachel Ross</i>	8:30-9:15 MS * Best Butt Ever <i>Be Solomon</i>	7:00-8:00 YS * Vinyasa Yoga <i>Rachel Ross</i>	8:30-9:15 MS * Cardio Sculpt <i>Be Solomon</i>	8:15-9:00 MS * Rounds: Boxing Circuit <i>Cody Stoute</i>	9:00-9:45 MS * MetCon3 <i>U. B. Sanchez</i>	9:15-10:00 MS * Rounds: Kickboxing <i>Steven Dell</i>
8:00-8:45 MS * Cardio Sculpt <i>Stephanie Hall</i>	9:00-10:00 YS * Iyengar Yoga <i>Nina Siemaszko</i>	8:00-8:50 MS * Whipped! <i>Derek Ringold</i>	9:30-10:15 MS * Best Butt Ever <i>Rick Logan</i>	8:30-9:20 CS * Beats Ride <i>George Wyhinny</i>	9:30-10:30 YS * <b>Sculpted Yoga™</b> <i>Cierra Flood</i>	9:30-10:20 CS * Beats Ride <i>Stephanie Walsh</i>
8:30-9:20 CS * Anthem Ride <i>Stephanie Walsh</i>	9:30-10:15 MS * Cardio Sculpt <i>Stephanie Hall</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Yifat Binder</i>	9:45-10:35 YS * Pilates Rise <i>Cynthia San Luis</i>	9:15-10:00 YS * Pilates Fusion <i>Regina Santos</i>	10:00-10:45 MS * Rounds: Boxing Circuit <i>U. B. Sanchez</i>	10:30-11:15 MS * Athletic Conditioning <i>Titus-R'icard Baldwin</i>
9:00-9:45 YS * <b>Best Stretch Ever</b> <i>Brenna Dwyer</i>	10:30-11:15 MS * Barre <i>Stephanie Hall</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jad Kassouf</i>	10:15-10:30 MS * Best Abs Ever <i>Rick Logan</i>	9:30-10:15 MS * EQX Barre Burn <i>Zsolt Banki</i>	10:45-11:30 YS * Athletic Stretch <i>Poopack Bral</i>	10:30-11:30 YS * <b>Iyengar Yoga</b> <i>Nina Siemaszko</i>
9:30-10:15 MS * EQX Barre Burn <i>Zsolt Banki</i>	11:15-12:15 YS * Slow Flow Yoga <i>Amy Bishop</i>	9:30-10:15 MS * Bala Bangle Barre Burn <i>Zsolt Banki</i>	11:00-11:45 MS * Athletic Conditioning <i>Michelle Costello</i>	10:15-10:30 MS * Best Abs Ever <i>Zsolt Banki</i>	11:00-11:45 MS * Pilates Fusion <i>Marcelin Jurbina</i>	11:30-12:20 MS * Pilates Rise <i>Cynthia San Luis</i>
10:15-10:30 MS * Best Abs Ever <i>Zsolt Banki</i>	12:30-1:15 MS * <b>Athletic Conditioning</b> <i>Amy Bishop</i>	10:15-10:30 MS * Best Abs Ever <i>Zsolt Banki</i>	12:00-12:45 MS * Pilates Mat <i>Marcelin Jurbina</i>	10:30-11:30 YS * Restorative Yoga <i>Poopack Bral</i>	12:15-1:00 MS * Cardio Dance <i>Dane Sorensen</i>	11:45-12:30 YS * Best Stretch Ever <i>Amy Bishop</i>
10:45-11:35 MS * Pilates Rise <i>Amy Bishop</i>	1:00-2:00 YS * Restorative Yoga <i>Poopack Bral</i>	11:00-11:50 MS * Stronger <i>Jessica Walker</i>	1:00-2:00 YS * Gentle Yoga <i>Poopack Bral</i>	11:00-11:50 MS * Cardio Dance <i>Ali Farahanny</i>	1:15-2:00 MS * Bala Bangle Barre Burn <i>Dane Sorensen</i>	12:45-1:30 MS * Barre <i>Jessica Walker</i>
11:30-12:30 YS * Iyengar Yoga <i>Vlad Nekrasov</i>	4:00-4:50 MS * Pilates Mat <i>Cynthia San Luis</i>	11:00-11:50 YS * Best Stretch Ever <i>Amy Bishop</i>	4:00-4:50 MS * <b>Rhythmic Sculpt</b> <i>Brenna Dwyer</i>	12:00-12:50 MS * Stronger <i>Luis Cervantes</i>	2:00-3:00 YS * Weekend Wind Down Yoga <i>Lizbeth Vazquez</i>	1:45-2:35 YS * Yoga Tune Up® <i>Saori Soga</i>
12:15-1:05 MS * Barre Beyond <i>Cierra Flood</i>	5:00-5:50 MS * Cardio Dance <i>Luis Cervantes</i>	12:00-12:50 MS * Pilates Mat <i>Cynthia San Luis</i>	5:00-5:50 MS * Studio Dance: Hip Hop <i>Odell</i>	1:00-1:50 MS * <b>Rhythmic Sculpt</b> <i>Luis Cervantes</i>	3:30-4:15 YS * Sonic Meditation <i>Lizbeth Vazquez</i>	
4:00-4:50 MS * True Barre <i>Pia Kamonsit</i>	5:30-6:20 TR * Precision Run® <i>Jessica Walker</i>	4:00-4:50 MS * <b>Bala Bangle Barre Burn</b> <i>Cierra Flood</i>	5:30-6:20 TR * Precision Run® <i>Rick Logan</i>	4:00-4:45 MS * Cardio Dance: Zumba® <i>Nicole Steen</i>		
5:00-5:45 MS * Athletic Conditioning <i>Austin Williams</i>	5:45-6:35 CS * Precision Ride <i>Jeff McMullen</i>	5:15-6:00 MS * Stronger <i>Aidan Dayani</i>	5:30-6:30 YS * Best Stretch Ever <i>Brenna Dwyer</i>	5:00-5:45 MS * Best Butt Ever <i>Nicole Steen</i>		
5:45-6:35 CS * Precision Ride <i>Christina Davis</i>	6:00-6:50 MS * Stacked <i>Rick Logan</i>	5:45-6:35 MS * Beats Ride <i>Wil Ashley</i>	6:00-6:45 MS * Athletic Conditioning <i>Juanito Alvarez</i>	5:30-6:30 YS * Vinyasa Yoga <i>Nora Harris</i>		
5:45-6:45 YS * Power Vinyasa <i>Rachel Kennedy</i>	7:00-7:50 MS * Pilates Rise <i>Cynthia San Luis</i>	5:45-6:45 CS * Beats Ride <i>Wil Ashley</i>	7:00-7:45 MS * Best Butt Ever <i>Rick Logan</i>			
6:00-6:50 MS * Cardio Dance: Zumba® <i>Abraham Hernandez</i>	7:15-8:15 YS * Yin Yoga <i>Jad Kassouf</i>	6:15-7:00 MS * Rounds: Boxing <i>Steven Dell</i>	7:30-8:15 YS * Sound Meditation <i>Pete Lee</i>			
7:00-7:50 MS * MetCon Monday <i>Aidan Dayani</i>		7:00-7:45 YS * Sonic Meditation <i>Jad Kassouf</i>				
7:15-8:15 YS * <b>Gentle Yoga</b> <i>Scott Nelson</i>		7:15-8:05 MS * Cardio Dance <i>Ali Farahanny</i>				

# EQUINOX

## BEVERLY HILLS

9601 Wilshire Boulevard  
BEVERLY HILLS CA 90210  
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

## GROUP FITNESS MANAGER

alexis.harrell@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.

**Iyengar Yoga** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**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.

**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.

**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.

**Yoga Tune Up®** Release muscle and fascial tension to address your mobility and movement patterns with unique equipment in this signature open class created by Jill Miller.

## 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 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.

**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.

**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.

**Cardio Dance: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

**Studio Dance: 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

**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.

## 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

**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.

**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.