

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS* Stronger <i>Tara Emerson</i>	6:15-7:00 MS* Rounds: Boxing Circuit <i>Alexis Harrell</i>	6:15-7:00 MS* Athletic Conditioning <i>Koni Nwaukoni</i>	6:15-7:00 MS* Whipped! <i>Derek Ringold</i>	6:15-7:00 MS* Stronger <i>Tara Emerson</i>	8:00-9:00 CS* <b>Beats Ride 60</b> <i>Jorge Luna</i>	8:15-9:00 MS* Cardio Dance <i>Dane Sorensen</i>
7:00-7:50 CS* <b>Beats Ride</b> <i>Jorge Luna</i>	7:00-7:50 TR* Precision Walk: Elevate <i>Jorge Luna</i>	7:00-7:50 CS* <b>Precision Ride</b> <i>Jorge Luna</i>	7:15-7:45 TR* <b>Precision Run 30</b> <i>Derek Ringold</i>	7:00-7:50 CS* <b>Beats Ride</b> <i>Stephanie Walsh</i>	8:15-9:30 YS* Iyengar Yoga <i>Herbert Sandoval</i>	9:15-10:05 MS* Stronger <i>Titus-R'icard Baldwin</i>
8:00-8:50 MS* Barefoot Sculpt <i>Jorge Luna</i>	7:15-8:15 YS* Vinyasa Yoga <i>Jad Kassouf</i>	8:00-8:50 MS* Barefoot Sculpt <i>Jorge Luna</i>	7:15-8:15 YS* Sculpted Yoga™ <i>Laurel Erlane</i>	8:00-8:50 YS* Pilates Rise <i>Amy Bishop</i>	8:45-9:35 TR* Precision Run® <i>Carrie Curtis</i>	9:15-10:05 TR* Precision Walk: Elevate <i>Carrie Curtis</i>
9:00-9:50 MS* Hip Hop <i>Odell</i>	8:00-8:45 PG* TRX Max <i>Jorge Luna</i>	9:00-10:00 YS* Vinyasa Yoga <i>Jorge Luna</i>	8:00-8:45 PG* TRX Max <i>Maeve McCaffrey</i>	9:00-9:50 MS* Cardio Dance <i>Ali Farahanny</i>	9:00-9:45 MS* BootKAMP <i>Kupah James</i>	9:15-10:05 YS* Pilates Rise <i>Amy Bishop</i>
9:00-10:00 YS* Vinyasa Yoga <i>Jorge Luna</i>	8:30-9:20 CS* <b>Beats Ride</b> <i>Rick Logan</i>	10:00-10:50 MS* Hip Hop <i>Odell</i>	8:30-9:20 CS* <b>Beats Ride</b> <i>Karen Schneider</i>	9:00-10:00 YS* Vinyasa Yoga <i>Amy Bishop</i>	9:45-10:45 YS* Athletic Stretch <i>Karen Voight</i>	9:30-10:20 CS* <b>Beats Ride</b> <i>Kristin Riddick</i>
10:00-10:15 MS* <b>Best Abs Ever</b> <i>Rick Logan</i>	8:30-9:20 YS* <b>Pilates Mat</b> <i>Susannah Hake</i>	10:00-10:50 TR* Precision Walk: Elevate <i>Yifat Binder</i>	8:30-9:20 YS* Pilates Fusion <i>Susannah Hake</i>	9:15-10:05 TR* Precision Walk: Elevate <i>Monique Bell</i>	10:00-10:45 MS* Mind Body Fit <i>Maeve McCaffrey</i>	10:15-11:00 MS* Best Stretch Ever <i>Amy Bishop</i>
10:15-11:00 MS* <b>Sculpt</b> <i>Rick Logan</i>	9:15-10:05 TR* Precision Walk: Elevate <i>Jorge Luna</i>	11:00-12:00 YS* Athletic Stretch <i>Karen Voight</i>	9:30-10:20 MS* Mind Body Fit <i>Maeve McCaffrey</i>	10:00-10:50 MS* Sculpt <i>Koni Nwaukoni</i>	10:00-10:50 PD* Aqua Sculpt <i>Katie Harker</i>	10:15-11:00 PD* Aqua Sport <i>Katie Harker</i>
11:00-12:00 YS* Athletic Stretch <i>Karen Voight</i>	9:30-10:20 MS* Mind Body Fit <i>Maeve McCaffrey</i>	1:00-2:00 YS* Iyengar Yoga <i>Herbert Sandoval</i>	9:30-10:15 PD* Aqua Sculpt <i>Jeff McMullen</i>	10:50-11:00 MS* Best Abs Ever <i>Koni Nwaukoni</i>	11:00-11:45 MS* Hip Hop <i>Odell</i>	10:30-11:45 YS* Hatha Yoga <i>Rachel Kennedy</i>
1:00-2:00 YS* <b>Iyengar Yoga</b> <i>Herbert Sandoval</i>	9:30-10:20 PD* Aqua Sculpt <i>Jeff McMullen</i>	4:00-4:50 MS* <b>Stacked</b> <i>Aidan Dayani</i>	10:30-11:30 YS* Vinyasa Yoga <i>Maeve McCaffrey</i>	11:00-11:50 YS* Yoga Tune Up® <i>Saori Soga</i>	11:00-11:50 PD* EQX H2O: Swim Basics (L1) <i>Katie Harker</i>	11:15-12:05 MS* <b>Sculpt</b> <i>Kayla Goldwag</i>
4:00-4:50 YS* Pilates Rise <i>Cynthia San Luis</i>	10:30-11:30 YS* Vinyasa Yoga <i>Maeve McCaffrey</i>	5:15-6:05 CS* <b>Beats Ride</b> <i>Tara Emerson</i>	10:45-11:30 MS* Sculpt <i>Karen Voight</i>	12:15-1:00 YS* Athletic Stretch <i>Tara Emerson</i>	11:00-12:15 YS* Vinyasa Yoga <i>Maeve McCaffrey</i>	4:15-5:30 YS* Restorative Yoga <i>Narween Otto</i>
5:00-5:15 MS* Best Abs Ever <i>Luis Cervantes</i>	11:35-12:30 YS* Tai Chi <i>Sandra Kim</i>	5:15-6:00 MS* Rounds: Boxing <i>Ronit Koren</i>	12:00-1:00 YS* Gentle Yoga <i>Jad Kassouf</i>	5:30-6:30 YS* Vinyasa Yoga <i>Jad Kassouf</i>	2:00-3:00 YS* <b>Gentle Yoga</b> <i>Lotem Porat</i>	
5:15-6:00 MS* Best Butt Ever <i>Luis Cervantes</i>	4:30-5:20 MS* <b>Zumba®</b> <i>Nicole Steen</i>	5:30-6:30 YS* Power Vinyasa <i>Lotem Porat</i>	4:30-5:20 MS* <b>Cardio Dance</b> <i>Nkechi Okonkwo</i>	6:15-7:05 MS* Cardio Dance <i>Johnny Latin</i>	3:05-3:35 YS* Sound Meditation <i>Lotem Porat</i>	
5:30-6:30 YS* Sculpted Yoga™ <i>Amy Bishop</i>	5:30-6:15 MS* <b>Best Butt Ever</b> <i>Nicole Steen</i>	6:15-7:00 MS* Cardio Dance <i>Johnny Latin</i>	4:30-5:20 YS* Pilates Fusion <i>Pam Heffler</i>	6:35-7:20 YS* Sonic Meditation <i>Jad Kassouf</i>		
6:15-7:00 MS* Cardio Dance <i>Johnny Latin</i>	5:30-6:20 TR* <b>Precision Walk:</b> <i>Elevate</i> <i>Amy Robertson</i>	6:35-7:05 YS* Sound Meditation <i>Lotem Porat</i>	5:30-6:15 MS* <b>Stronger</b> <i>Alexis Harrell</i>			
6:30-7:20 CS* <b>Beats Ride</b> <i>Bernard Colburn</i>	5:30-6:20 YS* Barre <i>Joyce Ivonne</i>	7:15-8:15 YS* Ballet-Style Training <i>Amanda Beasley</i>	5:30-6:20 TR* <b>Precision Walk:</b> <i>Elevate</i> <i>Monique Bell</i>			
7:00-8:00 YS* Ballet-Style Training <i>Pam Heffler</i>	6:30-7:20 MS* BootKAMP <i>Kupah James</i>	7:30-8:15 MS* Cardio Sculpt <i>Raneir Pollard</i>	5:30-6:15 YS* Barre <i>Joyce Ivonne</i>			
7:15-7:30 MS* Best Abs Ever <i>Raneir Pollard</i>	6:30-7:20 MS* BootKAMP <i>Kupah James</i>	7:30-8:20 PD* Swim Team <i>Ian Culbertson</i>	6:30-7:20 CS* <b>Precision Ride</b> <i>Alexis Harrell</i>			
7:30-8:15 MS* MetCon Monday <i>Raneir Pollard</i>	6:45-7:45 YS* Slow Flow Yoga <i>Lizbeth Vazquez</i>		6:30-7:20 MS* BootKAMP <i>Kupah James</i>			
7:30-8:20 PD* Swim Team (L2) <i>Ian Culbertson</i>	7:50-8:20 YS* Sound Meditation <i>Lizbeth Vazquez</i>		6:30-7:45 YS* Iyengar Yoga <i>Herbert Sandoval</i>			
			8:00-8:45 YS* Sound Meditation <i>Xavianca Home</i>			

# EQUINOX

## SPORTS CLUB LOS ANGELES

1835 S. Sepulveda Blvd  
LOS ANGELES CA 90025  
EQUINOX.COM  
@EQUINOX

MON-FRI 05:00 AM 10:00 PM

SAT-SUN 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

jorge.luna@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

PG The Playground

## 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 additive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to 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 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.

**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.

**Hatha Yoga** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**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.

**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.

**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.

**Mind Body Fit** Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!

**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.

**TRX Max** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

**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

**Ballet-Style Training** This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.

**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.

## 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.

**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.

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

## 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.

## Pool

**Aqua Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

**Aqua Sport** Increase power in this aquatic strength and conditioning class. Push, pull, and press against water resistance with cardio and strength exercises designed to maximize your power. Swim cap required.

**EQX H2O: Swim Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

**Swim Team** Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles required.

## 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.

**Tai Chi** A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

## 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.

**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.