

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:20 CS * Beats Ride Dan Rappa	6:30-7:20 CS * Precision Ride Stephanie Walsh	8:30-9:15 MS * Stacked Trudy Stevens	6:30-7:20 CS * Precision Ride Stephanie Walsh	8:30-9:20 CS * Beats Ride Skyler Burke	8:30-9:15 MS * Cardio Sculpt <i>Dana Perri</i>	9:00-10:00 Vinyasa Yoga (HEATED) <i>Sadie Black</i>
8:30-9:15 MS * Stronger Sheila Lee	8:30-9:15 MS * Cardio Sculpt <i>Dana Perri</i>	8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Margaret Buckley</i>	7:00-7:45 YS * Barefoot Sculpt Amy Malloy	8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Margaret Buckley</i>	8:45-9:45 YS * Yin Yoga (HEATED) <i>Shannon Branham</i>	9:45-10:30 MS * Tabata Max <i>Jason Brown</i>
8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Zen Glenn Crocker</i>	9:00-9:50 YS * Pilates Mat <i>Carrie Samper</i>	9:30-10:20 CS * Precision Ride Trudy Stevens	8:30-9:15 MS * Athletic Conditioning <i>Scott Haddock</i>	9:30-10:20 MS * Stronger <i>Brandon Mayweather</i>	9:00-9:50 CS * Beats Ride Mikel Weiss	10:30-11:30 YS * Weekend Wind Down Yoga <i>Masha Sapron</i>
9:30-10:15 MS * MetCon3 <i>Jason Brown</i>	11:00-11:45 MS * Stacked <i>Blake Sunshine</i>	9:30-10:15 MS * Sculpt <i>Blake Sunshine</i>	9:00-9:50 YS * Pilates Mat <i>Karen Pascual</i>	10:30-11:15 MS * Cardio Sculpt <i>Candyce Heather</i>	9:30-10:15 MS * MetCon3 Blake Sunshine	11:00-11:50 MS * Stronger <i>Jason Brown</i>
10:30-11:20 MS * Bala Bangle Barre Burn <i>Braxton Brooks</i>	12:15-1:00 CS * Beats Ride Nowani Rattray	12:00-12:45 MS * Best Butt Ever <i>Natalie Yco</i>	11:00-11:50 MS * Stronger <i>Blake Sunshine</i>	12:00-12:45 MS * Best Butt Ever <i>Candyce Heather</i>	10:30-11:00 YS * Off the Barre (HEATED) <i>Natalie Schervish</i>	12:30-1:20 YS * Pilates Rise <i>Larisa Lotz</i>
12:00-12:45 MS * Stronger <i>Elle Young</i>	4:30-5:15 MS * Off The Barre <i>Candyce Heather</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Shannon Branham</i>	4:30-5:15 YS * Off the Barre (HEATED) <i>Dana Perri</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Shielu Bharwani</i>	11:00-12:00 YS * Power Vinyasa <i>Shielu Bharwani</i>	4:00-5:00 YS * Sound Meditation <i>Saori Soga</i>
12:15-1:15 YS * Vinyasa Yoga <i>Micki Duran</i>	5:30-6:20 MS * Stronger <i>Candyce Heather</i>	4:30-5:20 YS * Pilates Rise Aleesa Lapierre	5:30-6:20 MS * Rounds: Kickboxing <i>Natalie Yco</i>	5:30-6:15 MS * Stacked <i>Cody Stoute</i>	11:15-12:00 MS * Best Butt Ever Linda Fluis	
4:30-5:20 YS * Pilates Fusion (HEATED) <i>Maya Gorodetsky</i>	6:00-7:00 YS * Yin Yoga (HEATED) <i>Jaclyn Winters</i>	5:15-6:00 MS * MetCon3 Greg Cohen	6:15-7:15 YS * Vinyasa Yoga (HEATED) <i>Tanja Johnston</i>	6:00-7:00 YS * Yin Yoga (HEATED) Eka Ekong	12:30-1:15 MS * Rounds: Boxing Rufus Dorsey	
5:15-6:00 MS * Stacked <i>Dana Perri</i>	6:30-7:15 MS * Athletic Conditioning Linda Fluis	5:30-6:20 CS * Beats Ride Skyler Burke	7:30-8:15 YS * Pilates Fusion <i>Tanja Johnston</i>			
5:30-6:20 CS * Beats Ride Mikel Weiss	7:30-8:15 YS * Pilates Fusion <i>Poisha Woolfork</i>	5:45-6:45 YS * Sculpted Yoga™ Stephanie Morrell				
5:45-6:45 YS * Power Vinyasa (HEATED) <i>Jaclyn Winters</i>		6:15-7:00 MS * Rounds: Boxing Greg Cohen				
6:15-7:00 MS * Best Butt Ever Natalie Yco						
7:00-8:00 YS * Off The Barre <i>Jaclyn Winters</i>						
7:30-8:20 MS * Studio Dance <i>Jan-Matthew Sevilla</i>						

EQUINOX

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16830 Ventura Boulevard

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SAT 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

sheila.lee@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

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 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.

Yoga

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.

Power Vinyasa (HEATED) 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 (HEATED) 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.

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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 (HEATED) Releasing tension through prolonged poses, this heated, open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

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.

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.

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.

Off the Barre (HEATED) This heated 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 Fusion (HEATED) 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

Studio Dance A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

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: 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

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.

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.