

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * MetCon Monday <i>Elle Young</i>	6:30-7:20 MS * Stronger <i>Emily Matt</i>	6:30-7:20 MS * Whipped! <i>Elle Young</i>	6:30-7:20 MS * Athletic Conditioning <i>Nik Andrews</i>	6:30-7:20 MS * Best Butt Ever <i>Rick Logan</i>	8:00-8:50 PD * Swim: Basics <i>Katie Harker</i>	8:30-9:20 MS * Stacked <i>Jeff McMullen</i>
7:30-8:20 PD * Swim: Basics <i>David Pisanich</i>	7:00-7:50 CS * Beats Ride <i>Simone Berry</i>	7:00-7:50 CS * Beats Ride <i>Dan Rappa</i>	7:00-7:50 CS * Beats Ride <i>Simone Berry</i>	7:00-7:50 CS * Beats Ride <i>Jill Karrenbrock</i>	9:00-9:50 CS * Precision Ride <i>Christina Davis</i>	8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Natalie Burtney</i>
7:30-8:30 YS * Power Vinyasa <i>Joseph Seeman</i>	7:15-8:00 YS * Pilates Fusion (HEATED) <i>Devan Medrano</i>	7:15-8:05 TR * Precision Run + Strength <i>Orlando Deral</i>	7:15-8:15 YS * Slow Flow Yoga (HEATED) <i>Scarlett McCann</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Annie Kelly</i>	9:00-9:45 MS * Rhythmic Sculpt <i>Nikita Chaudhry</i>	9:30-10:20 CS * Beats Ride <i>Cosmo Bertolini</i>
8:30-9:00 TR * Precision Run 30 <i>Robbie Darby</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Jill Karrenbrock</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Shielu Bharwani</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Ayanna Contreras</i>	8:00-8:50 TR * Precision Run@ <i>David Pisanich</i>	9:00-9:50 TR * Precision Run@ <i>Lyo Reneau</i>	10:00-10:45 YS * Pilates Mat <i>Cynthia San Luis</i>
8:45-9:35 CS * Beats Ride <i>Joseph Seeman</i>	8:00-8:50 MS * Tabata Max <i>Robbie Darby</i>	8:00-8:50 PD * Swim: Basics <i>Katie Harker</i>	8:00-8:50 MS * Stronger <i>Simone Berry</i>	8:45-9:35 CS * Beats Ride <i>Latreal Mitchell</i>	9:15-10:15 YS * Power Vinyasa <i>Gina Brown</i>	10:30-11:15 YS * Studio Dance: GROOV3 <i>Ben Ayers</i>
9:15-10:00 MS * Best Butt Ever <i>Robbie Darby</i>	8:30-9:30 MS * Slow Flow Yoga (HEATED) <i>Eka Ekong</i>	8:45-9:35 CS * Beats Ride <i>Joseph Seeman</i>	8:30-9:20 YS * Pilates Mat <i>Ayanna Contreras</i>	9:00-9:45 MS * MetCon3 <i>David Pisanich</i>	10:00-10:45 MS * Athletic Conditioning <i>Paul Katami</i>	11:00-11:45 YS * Ballet-Style Training <i>Sadie Black</i>
11:00-11:50 YS * Pilates Mat <i>Pia Kamonsit</i>	9:30-10:20 MS * Rounds: Boxing Circuit <i>Elle Young</i>	9:00-9:50 MS * Stronger <i>Andre Aultmon</i>	9:30-10:20 MS * Best Butt Ever <i>Elle Young</i>	9:45-10:00 MS * Best Abs Ever <i>David Pisanich</i>	10:30-11:20 CS * Beats Ride <i>Lyo Reneau</i>	11:00-11:45 YS * Ballet-Style Training <i>Sadie Black</i>
12:00-12:50 MS * Stronger <i>David Pisanich</i>	11:00-12:00 YS * Vinyasa Yoga <i>Erin Grossman</i>	10:00-10:30 MS * Athletic Stretch <i>Andre Aultmon</i>	11:00-12:00 YS * Power Vinyasa <i>Pasquale Guiducci</i>	10:45-11:45 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	10:30-11:15 YS * Barre <i>Ivy Gaitan</i>	11:30-12:00 MS * Upper Body Pump <i>Andre Aultmon</i>
12:15-1:15 YS * Vinyasa Yoga <i>Pia Kamonsit</i>	12:15-1:05 YS * Bala Bangle Barre Burn <i>Be Solomon</i>	11:00-11:50 YS * Pilates Fusion <i>Jonathan Jedrzejewski</i>	12:15-1:05 YS * Trilogy Barre <i>Andre Aultmon</i>	12:00-12:50 MS * Lower Body Blast <i>Dawn Aneada</i>	11:00-11:45 MS * Stronger <i>Larisa Lotz</i>	12:00-12:20 MS * Best Abs Ever <i>Andre Aultmon</i>
4:00-5:00 YS * Power Vinyasa <i>Gina Brown</i>	12:30-1:20 MS * Athletic Conditioning <i>David Pisanich</i>	12:00-12:50 MS * Athletic Conditioning <i>Mandee Miller</i>	12:30-1:20 MS * MetCon3 <i>Robbie Darby</i>	5:00-5:45 MS * Body Sculpt <i>Trevor Kent</i>	1:00-2:00 YS * Vinyasa Yoga <i>Shannon Branham</i>	12:00-1:15 YS * Power Vinyasa (HEATED) <i>Gavriella Rubin</i>
5:00-5:50 MS * MetCon Monday <i>Orlando Deral</i>	12:15-1:15 YS * Vinyasa Yoga <i>Alex Dawson</i>	12:15-1:15 YS * Vinyasa Yoga <i>Alex Dawson</i>	4:00-4:45 YS * Barre <i>Sadie Black</i>	5:15-6:30 YS * Vinyasa Yoga <i>Scarlett McCann</i>	2:30-3:15 YS * Pilates Rise <i>Shannon Branham</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Shielu Bharwani</i>
5:30-6:15 YS * Trilogy Barre <i>Kate Willson</i>	4:00-4:50 YS * Bala Bangle Barre Burn <i>Cierra Flood</i>	4:00-4:50 YS * Pilates Mat <i>Sharifa Bailey</i>	4:15-5:00 MS * Rounds: Boxing <i>Juanito Alvarez</i>	6:00-6:45 MS * Studio Dance: GROOV3 <i>Ben Ayers</i>	4:00-4:45 YS * Sonic Meditation <i>Stephanie Morrell</i>	
5:45-6:35 CS * Anthem Ride <i>Garrett Michael</i>	4:15-5:00 MS * MetCon3 <i>Willis Hao</i>	5:15-6:05 MS * Rhythmic Sculpt <i>Nikita Chaudhry</i>	5:00-6:00 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>			
6:00-6:50 TR * Precision Run + Strength <i>Jill Karrenbrock</i>	5:00-6:00 YS * Vinyasa Yoga <i>Joseph Seeman</i>	5:30-6:30 YS * Power Vinyasa <i>Scarlett McCann</i>	5:15-6:00 MS * Stronger <i>David Pisanich</i>			
6:15-6:45 MS * Best Butt Ever <i>Rick Logan</i>	5:15-6:05 MS * Athletic Conditioning <i>Larisa Lotz</i>	5:45-6:35 CS * Beats Ride <i>Arielle Miller</i>	6:15-7:05 CS * Beats Ride <i>Wil Ashley</i>			
6:45-7:05 MS * Upper Body Pump <i>Rick Logan</i>	6:00-6:50 PD * Swim Team (L3) <i>David Pisanich</i>	6:00-6:50 TR * Precision Run@ <i>Rick Logan</i>	6:15-7:05 PD * Swim Team (L3) <i>David Pisanich</i>			
7:00-8:00 YS * Power Vinyasa <i>Pasquale Guiducci</i>	6:15-7:05 CS * Beats Ride <i>Joseph Seeman</i>	6:15-7:05 MS * Best Butt Ever <i>Nikita Chaudhry</i>	6:15-7:05 TR * Precision Run@ <i>Orlando Deral</i>			
7:15-8:00 MS * Studio Dance: GROOV3 <i>Ben Ayers</i>	6:30-7:20 MS * Stacked <i>U. B. Sanchez</i>	7:00-8:00 YS * Vinyasa Yoga <i>Stephanie Morrell</i>	6:15-7:15 YS * Restorative Yoga <i>Kala MacDonald</i>			
	6:30-7:15 YS * Pilates Fusion <i>Larisa Lotz</i>	8:15-9:00 YS * Sound Meditation <i>Buddy Macuha</i>				

EQUINOX

HOLLYWOOD

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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

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

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 + Strength A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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

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.

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 (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.

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.

Hiit

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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.

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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: GROOV3 Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

Boxing

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.

Swim

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.

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.

Regeneration

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.

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.

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.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.