

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>	7:00-7:50 CS* Beats Ride <i>Simone Berry</i>	7:00-7:50 CS* Beats + Bands Ride <i>Jill Karrenbrock</i>	8:00-8:50 PD* EQX H2O: Swim Basics <i>Katie Harker</i>	8:30-9:20 MS* Stacked <i>Jeff McMullen</i>
7:30-8:20 PD* EQX H2O: 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 MS* Athletic Conditioning <i>Axel Zamora</i>	7:30-8:30 YS* Sculpted Yoga™ <i>Annie Kelly</i>	8:30-9:20 TR* Precision Run® <i>Lyo Reneau</i>	8:45-9:45 YS* Vinyasa Yoga <i>Natalie Burney</i>
7:30-8:30 YS* Power Vinyasa <i>Joseph Seeman</i>	7:15-8:00 YS* Pilates Fusion <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>	8:00-8:50 TR* Precision Run® <i>David Pisanich</i>	8:45-9:35 MS* Best Butt Ever <i>Matthew Modleski</i>	9:30-10:20 CS* Beats Ride <i>Cosmo Bertollini</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>	8:45-9:35 CS* Beats Ride <i>Latreal Mitchell</i>	9:00-9:50 CS* Cycle Power <i>Latreal Mitchell</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* EQX H2O: Swim Basics <i>Katie Harker</i>	8:00-8:50 MS* Stronger <i>Simone Berry</i>	9:00-9:45 MS* MetCon3 <i>David Pisanich</i>	9:15-10:15 YS* Power Vinyasa <i>Gina Brown</i>	10:30-11:15 MS* GROOV3 <i>Ben Ayers</i>
9:15-10:00 MS* Best Butt Ever <i>Robbie Darby</i>	8:30-9:30 YS* Yin 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>	9:45-10:00 MS* Best Abs Ever <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 Pia Kamonsit	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>	10:45-11:45 YS* Vinyasa Yoga <i>Chrissy Gonzalez</i>	10:30-11:20 CS* Beats Ride <i>Lyo Reneau</i>	11:30-12:00 MS* Upper Body Pump Andre Aultmon
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 TR* Precision Run 30 Andre Aultmon	11:00-12:00 YS* Power Vinyasa <i>Pasquale Guiducci</i>	12:00-12:50 MS* Rounds: Boxing Circuit Nikita Chaudhry	10:30-11:15 YS* Barre <i>Ivy Gaitan</i>	12:00-12:20 MS* Best Abs Ever Andre Aultmon
12:15-1:05 YS* Barre <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>	4:30-5:30 YS* Vinyasa Yoga <i>Scarlett McCann</i>	11:00-11:45 MS* Stronger <i>David Pisanich</i>	12:00-1:15 YS* Power Vinyasa (HEATED) <i>Gavriella Rubin</i>
4:00-5:00 YS* Power Vinyasa <i>Gina Brown</i>	12:30-1:00 MS* Upper Body Pump Sean O'Donnell	12:00-12:50 MS* Athletic Conditioning Mande Miller	12:30-1:20 MS* MetCon3 <i>Robbie Darby</i>	5:00-5:45 MS* Sculpt <i>Trevor Kent</i>	12:00-12:50 CS* Beats Ride David Pisanich	4:00-5:00 YS* Weekend Wind Down Yoga <i>Shielu Bharwani</i>
5:00-5:50 MS* MetCon Monday <i>Orlando Deral</i>	1:00-1:20 MS* Best Abs Ever Sean O'Donnell	12:15-1:15 YS* Vinyasa Yoga <i>Alex Dawson</i>	4:00-4:45 YS* Barre <i>Sadie Black</i>	6:00-6:45 MS* GROOV3 <i>Ben Ayers</i>	1:00-2:00 YS* Vinyasa Yoga <i>Shannon Branham</i>	
5:30-6:15 YS* Trilogy Barre <i>Kate Willson</i>	4:00-4:45 YS* Barre Beyond <i>Cierra Flood</i>	4:00-4:50 YS* Pilates Mat <i>Sharifa Bailey</i>	4:15-5:00 MS* Rounds: Boxing Juanito Alvarez	6:00-7:00 YS* Power Vinyasa <i>Ben Ayers</i>	2:30-3:15 YS* Pilates Rise <i>Zsolt Banki</i>	
5:45-6:35 CS* Anthem Ride <i>Garrett Michael</i>	4:15-5:00 MS* MetCon3 Willis Hao	5:00-5:50 MS* The Cut <i>Nikita Chaudhry</i>	5:00-6:00 YS* Vinyasa Yoga <i>Chrissy Gonzalez</i>	6:00-7:00 YS* Power Vinyasa <i>Emilie Perz</i>	4:00-4:45 YS* Sonic Meditation <i>Stephanie Morrell</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>			
6:15-7:05 MS* Whipped! <i>Rick Logan</i>	5:15-6:05 MS* Athletic Conditioning <i>Daxton Bloomquist</i>	5:45-6:35 CS* Cycle Power <i>Arielle Miller</i>	6:15-7:05 CS* Beats Ride <i>Wil Ashley</i>			
7:00-8:00 YS* Power Vinyasa <i>Pasquale Guiducci</i>	6:00-6:50 PD* Swim Team (L3) <i>David Pisanich</i>	6:00-6:50 MS* Best Butt Ever <i>Nikita Chaudhry</i>	6:15-7:05 PD* Swim Team (L3) <i>David Pisanich</i>			
7:15-8:00 MS* GROOV3 <i>Ben Ayers</i>	6:15-7:05 CS* Beats Ride <i>Joseph Seeman</i>	6:00-6:50 TR* Precision Run® <i>Chris Reed</i>	6:15-7:05 TR* Precision Run® <i>Orlando Deral</i>			
	6:15-7:05 MS* TRX Max Circuit <i>Larisa Lotz</i>	7:00-8:00 YS* Vinyasa Yoga <i>Chris Reed</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>				
	7:15-8:05 MS* Rounds: Kickboxing <i>U. B. Sanchez</i>					

EQUINOX

HOLLYWOOD

1550 N. Vine Street

HOLLYWOOD CA 90028

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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

david.pisanich@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

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.

Cycle Power A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

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.

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.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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.

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.

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.

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

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 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.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Pool

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

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.

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.

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.