

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Stronger <i>Jomar Tagatac</i>	6:15-7:00 YS * Barre (HEATED) <i>Lily Klausner</i>	6:00-6:45 YS * Sculpted Yoga™ <i>Stephanie Vu</i>	6:15-7:00 YS * Pilates Rise (HEATED) <i>Colette Harmon</i>	7:00-7:50 YS * Pilates Fusion (HEATED) <i>Moses Omolade</i>	8:15-9:00 MS * MetCon3 <i>Jomar Tagatac</i>	8:30-9:30 YS * Vinyasa Yoga <i>Mary Hayano</i>
7:00-7:45 CS * Beats Ride <i>Natalie Mason</i>	6:30-7:15 MS * MetCon3 <i>Lauren Stelmak</i>	6:15-7:00 MS * Best Butt Ever <i>Charlotte Kallerman</i>	6:30-7:15 MS * Stacked <i>Garrett Kale</i>	7:30-8:15 CS * Beats Ride <i>Scotty Jacobs</i>	8:15-9:15 YS * Vinyasa Yoga <i>Warren Lange</i>	8:45-9:30 MS * Stacked <i>Lauren Stelmak</i>
7:00-8:00 YS * Power Vinyasa <i>Mia Rose Voss</i>	6:30-7:15 TR * Precision Run® <i>Garrett Kale</i>	7:00-7:45 CS * Beats Ride <i>Natalie Mason</i>	7:15-8:15 YS * Sculpted Yoga™ <i>Taylor Chang</i>	7:30-8:15 MS * Athletic Conditioning <i>Lauren Stelmak</i>	9:00-9:45 CS * Beats Ride <i>Kelsey Pfeffer</i>	9:45-10:35 CS * Precision Ride <i>NinaAnn Phan</i>
7:30-8:15 MS * Body Sculpt <i>Philip Gleichauf</i>	7:30-8:15 MS * Cardio Sculpt <i>Colette Harmon</i>	7:15-8:00 YS * Pilates Fusion (HEATED) <i>Colette Harmon</i>	7:30-8:15 MS * Stronger <i>Jomar Tagatac</i>	8:15-9:15 YS * Vinyasa Yoga (HEATED) <i>Mary Hayano</i>	9:30-10:15 MS * The Cut <i>Philip Gleichauf</i>	9:45-10:30 MS * Athletic Conditioning <i>Lauren Stelmak</i>
8:15-9:00 YS * True Barre <i>Lily Klausner</i>	9:30-10:15 MS * MetCon3 <i>Greg Alan</i>	7:30-8:15 MS * MetCon3 <i>Emma Krenzin</i>	9:30-10:15 MS * Best Butt Ever <i>Colette Harmon</i>	11:00-11:45 MS * Bala Bangle Barre Burn <i>Colette Harmon</i>	9:30-10:15 TR * Precision Run® <i>Garrett Kale</i>	10:00-10:45 YS * True Barre <i>Marinna Kus</i>
9:30-10:15 YS * Pilates Fusion (HEATED) <i>Mario Godiva</i>	11:15-12:00 MS * Bala Bangle Barre Burn <i>Lily Klausner</i>	8:15-9:00 YS * True Barre <i>Jessica Rae</i>	11:15-12:00 YS * Barefoot Sculpt (HEATED) <i>Mia Rose Voss</i>	12:00-12:45 MS * MetCon3 <i>Colette Harmon</i>	10:00-10:45 YS * Beats Ride <i>Michael Wilbert</i>	11:30-12:30 YS * Sculpted Yoga™ <i>Carolyn Roney</i>
12:00-12:45 MS * Stronger <i>Chris Turner</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Mia Rose Voss</i>	9:30-10:15 MS * Bala Bangle Barre Burn <i>Colette Harmon</i>	12:15-1:05 YS * Pilates Mat <i>Team Equinox</i>	12:15-1:15 YS * Vinyasa Yoga (HEATED) <i>Kiley Holliday</i>	10:45-11:30 MS * Stronger <i>Garrett Kale</i>	12:00-12:45 MS * MetCon3 <i>Greg Alan</i>
12:15-1:15 YS * Vinyasa Yoga <i>Warren Lange</i>	4:00-4:45 MS * Best Butt Ever <i>Lauren Settembrino</i>	12:00-12:45 MS * Best Butt Ever <i>Garrett Kale</i>	4:00-5:00 YS * Vinyasa Yoga (HEATED) <i>Stephanie Vu</i>	3:00-3:45 MS * Bala Bangle Barre Burn <i>Emily Wiggins</i>	11:30-12:30 YS * Vinyasa Yoga <i>Ethan Savage</i>	2:00-3:00 YS * Weekend Wind Down Yoga <i>Carolyn Roney</i>
2:30-3:15 YS * Barefoot Sculpt (HEATED) <i>Colette Harmon</i>	4:00-5:00 YS * Sculpted Yoga™ <i>Stephanie Vu</i>	12:15-1:15 YS * Vinyasa Yoga <i>Rachel Soon</i>	4:15-5:00 MS * Athletic Conditioning <i>Greg Alan</i>	4:00-5:00 YS * Vinyasa Yoga (HEATED) <i>Ashley Hayes</i>	11:45-12:30 TR * Precision Walk: Elevate <i>Garrett Kale</i>	4:00-5:00 YS * Vinyasa Yoga <i>Reza Ebrahimi</i>
3:45-4:30 YS * Barre <i>Jai Mac Neil</i>	5:15-6:00 MS * MetCon3 <i>Colby Landry</i>	2:30-3:15 YS * Pilates Fusion (HEATED) <i>Kate Wiles</i>	5:30-6:15 MS * Best Butt Ever <i>Lauren Settembrino</i>	4:15-5:00 MS * Stronger <i>Greg Alan</i>	1:00-1:45 YS * Barefoot Sculpt (HEATED) <i>Colette Harmon</i>	
4:00-4:50 MS * Ropes and Rowers <i>Jomar Tagatac</i>	5:30-6:15 YS * Barre <i>Jai Mac Neil</i>	3:45-4:30 YS * Barre <i>Lily Klausner</i>	5:30-6:15 YS * Pilates Fusion (HEATED) <i>Lily Klausner</i>	5:00-5:45 CS * Beats Ride <i>Jonathan Pak</i>	4:00-5:00 YS * Weekend Wind Down Yoga (HEATED) <i>Steven Rogers</i>	
5:00-6:00 YS * Vinyasa Yoga (HEATED) <i>Gustavo Rearte</i>	6:30-7:15 CS * Precision Ride <i>Jai Mac Neil</i>	4:00-4:45 MS * MetCon3 <i>Garrett Kale</i>	5:45-6:30 CS * Beats Ride <i>Tara Brown</i>	5:30-6:15 YS * Barre <i>Jai Mac Neil</i>		
5:15-6:00 MS * MetCon3 <i>Evan Chasan</i>	6:30-7:15 MS * Bala Bangle Barre Burn <i>Emily Wiggins</i>	5:00-6:00 YS * Vinyasa Yoga (HEATED) <i>Team Equinox</i>	6:30-7:15 MS * Bala Bangle Barre Burn <i>Emily Wiggins</i>			
5:30-6:15 CS * Beats Ride <i>Grace Lee</i>	7:00-8:00 YS * Vinyasa Yoga <i>Jenny Clise</i>	5:15-6:00 MS * Stronger <i>Garrett Kale</i>	7:00-8:00 YS * Vinyasa Yoga <i>Jenny Clise</i>			
6:30-7:15 MS * Stronger <i>Vince Mendoza</i>		5:30-6:15 CS * Beats Ride <i>Grace Lee</i>				
6:30-7:15 YS * Pilates Fusion (HEATED) <i>Carolyn Roney</i>		6:30-7:15 MS * The Cut <i>Philip Gleichauf</i>				
7:45-8:30 YS * Sonic Meditation <i>Taylor Chang</i>		6:30-7:15 YS * Pilates Fusion (HEATED) <i>Elaina Envia</i>				

EQUINOX

UNION STREET

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EQUINOX.COM
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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

GROUP FITNESS MANAGER

megan.king@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

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

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.

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.

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.

Vinyasa Yoga (HEATED) 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.

Weekend Wind Down Yoga (HEATED) 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.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

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 (HEATED) 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.

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 (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 (HEATED) 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.

Boxing and Kickboxing

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.

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.

Sculpt

Barefoot Sculpt (HEATED) A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.