

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Stronger <i>Jomar Tagatac</i>	6:15-7:00 YS * Pilates Fusion (HEATED) <i>Colette Harmon</i>	6:00-6:45 YS * Sculpted Yoga™ <i>Stephanie Vu</i>	6:15-7:00 YS * Barre <i>Nicolyn Alarcon</i>	6:15-7:00 MS * MetCon3 Greg Alan	8:15-9:00 MS * MetCon3 <i>Jomar Tagatac</i>	8:30-9:30 YS * Vinyasa Yoga <i>Mary Hayano</i>
7:00-8:00 YS * Power Vinyasa <i>Carolyn Roney</i>	6:30-7:15 MS * MetCon3 <i>Christopher Lee</i>	6:15-7:00 MS * Best Butt Ever <i>Charlotte Kallerman</i>	6:30-7:15 MS * Stacked <i>Garrett Kale</i>	7:00-7:45 YS * Pilates Fusion (HEATED) <i>Elaina Envia</i>	8:15-9:15 YS * Vinyasa Yoga <i>Warren Lange</i>	9:00-9:45 MS * Best Butt Ever Christopher Lee
7:30-8:15 CS * Beats Ride <i>Hannah Byrne</i>	6:30-7:15 TR * Precision Run® <i>Garrett Kale</i>	7:15-8:00 CS * Beats Ride <i>Natalie Mason</i>	6:30-7:15 TR * Precision Run® Jomar Tagatac	7:30-8:15 CS * Beats Ride <i>Scotty Jacobs</i>	8:30-9:15 CS * Beats Ride Garrett Kale	9:45-10:35 CS * Precision Ride <i>NinaAnn Phan</i>
7:30-8:15 MS * Rhythmic Sculpt Philip Gleichauf	7:15-8:00 YS * True Barre Colette Harmon	7:15-8:00 YS * Pilates Fusion (HEATED) <i>Colette Harmon</i>	7:15-8:15 YS * Power Vinyasa (HEATED) <i>Taylor Chang</i>	7:30-8:15 MS * Athletic Conditioning <i>Lauren Stelmak</i>	9:30-10:15 MS * Precision Run® <i>Garrett Kale</i>	10:00-10:45 MS * Cardio Sculpt Evangelina Alpogianis
9:30-10:15 YS * Pilates Fusion (HEATED) <i>Mario Godiva</i>	7:30-8:15 MS * Stronger Iris Vazquez	7:30-8:15 MS * MetCon3 <i>Emma Krenzlin</i>	7:30-8:15 MS * Stronger <i>Jomar Tagatac</i>	11:00-11:45 MS * Bala Bangle Barre Burn <i>Colette Harmon</i>	9:45-10:30 CS * Beats Ride Kelsey Pfeffer	10:00-10:45 YS * True Barre <i>Lily Klausner</i>
12:00-12:45 MS * Stronger <i>Chris Turner</i>	9:30-10:15 MS * Best Butt Ever <i>Greg Alan</i>	9:30-10:15 YS * Barefoot Sculpt Colette Harmon	9:30-10:15 MS * Bala Bangle Barre Burn <i>Richel Kumar</i>	12:00-12:45 MS * MetCon3 <i>Colette Harmon</i>	10:00-10:50 YS * Pilates Rise (HEATED) <i>Colette Harmon</i>	11:30-12:30 YS * Power Vinyasa (HEATED) Alessandro Lou
12:15-1:15 YS * Vinyasa Yoga <i>Warren Lange</i>	11:00-12:00 YS * Power Vinyasa (HEATED) Elena Montauti	10:20-10:35 YS * Best Abs Ever Colette Harmon	11:00-11:45 YS * Barefoot Sculpt (HEATED) <i>Mia Rose Voss</i>	12:15-1:15 YS * Vinyasa Yoga (HEATED) <i>Kiley Holliday</i>	10:45-11:30 MS * Stronger <i>Garrett Kale</i>	1:00-1:45 YS * Pilates Fusion Carolyn Roney
2:30-3:15 YS * Pilates Fusion (HEATED) Mia Rose Voss	12:15-1:00 YS * Barefoot Sculpt (HEATED) <i>Mia Rose Voss</i>	12:00-12:45 MS * Best Butt Ever <i>Chris Turner</i>	12:15-1:00 YS * Pilates Fusion <i>Kailyn Randle</i>	3:00-3:45 MS * Rhythmic Sculpt Emily Wiggins	11:30-12:30 YS * Vinyasa Yoga <i>Ethan Savage</i>	2:30-3:30 YS * Weekend Wind Down Yoga <i>Carolyn Roney</i>
3:45-4:30 YS * Barre <i>Lily Klausner</i>	2:00-2:50 YS * Pilates Rise Kailyn Randle	2:30-3:15 YS * Pilates Fusion (HEATED) <i>Kate Wiles</i>	2:00-2:45 MS * Bala Bangle Barre Burn Emily Wiggins	4:00-5:00 YS * Vinyasa Yoga (HEATED) <i>Ashley Hayes</i>	12:00-12:45 MS * Bala Bangle Barre Burn <i>Colette Harmon</i>	4:00-5:00 YS * Vinyasa Yoga <i>Reza Ebrahimi</i>
4:00-4:50 MS * Ropes and Rowers <i>Jomar Tagatac</i>	4:15-4:45 MS * Upper Body Pump <i>Lauren Settembrino</i>	3:45-4:30 YS * Barre <i>Lily Klausner</i>	4:15-5:00 MS * Stronger Greg Alan	4:15-5:00 MS * Athletic Conditioning Grace Lee	1:00-1:50 YS * Pilates Rise (HEATED) <i>Kate Wiles</i>	
5:00-6:00 YS * Power Vinyasa (HEATED) Clare McInerney	4:15-5:15 YS * Power Vinyasa (HEATED) <i>Stephanie Vu</i>	4:00-4:45 MS * MetCon3 <i>Garrett Kale</i>	4:15-5:15 YS * Sculpted Yoga™ (HEATED) Kaitlyn Brennan	4:30-5:15 CS * Anthem Ride Jai Mac Neil	4:00-5:00 YS * Yin Yoga (HEATED) Steven Rogers	
5:15-6:00 MS * Cardio Sculpt <i>Colette Harmon</i>	4:45-5:05 MS * Best Abs Ever <i>Lauren Settembrino</i>	5:00-6:00 MS * Power Vinyasa (HEATED) Sam Grillo	5:15-6:00 CS * Beats Ride <i>Tara Brown</i>	5:30-6:15 YS * Barre <i>Jai Mac Neil</i>		
5:30-6:15 CS * Beats Ride <i>Grace Lee</i>	5:30-6:15 MS * MetCon3 <i>Colby Landry</i>	5:15-6:00 YS * Stronger <i>Garrett Kale</i>	5:30-6:15 MS * Best Butt Ever <i>Lauren Settembrino</i>	6:30-7:15 MS * Rhythmic Sculpt Lily Klausner		
6:30-7:15 MS * MetCon Monday Vince Mendoza	5:30-6:15 TR * Precision Run® <i>Garrett Kale</i>	5:30-6:15 MS * Beats Ride <i>Grace Lee</i>	6:30-7:15 MS * Pilates Fusion (HEATED) <i>Colette Harmon</i>	6:30-7:15 MS * Anthem Ride Jai Mac Neil		
6:30-7:15 YS * Pilates Fusion (HEATED) <i>Carolyn Roney</i>	5:30-6:15 YS * Barre <i>Jai Mac Neil</i>	6:30-7:15 MS * Beats Ride <i>Grace Lee</i>	6:30-7:15 MS * Barre Beyond <i>Philip Gleichauf</i>	6:45-7:45 YS * Vinyasa Yoga <i>Jenny Clise</i>		
7:45-8:30 YS * Sonic Meditation <i>Taylor Chang</i>	6:30-7:15 CS * Beats Ride <i>Garrett Kale</i>	6:30-7:15 MS * Barre Beyond <i>Philip Gleichauf</i>				
	6:30-7:15 MS * Bala Bangle Barre Burn <i>Emily Wiggins</i>	6:30-7:15 YS * Pilates Mat (HEATED) <i>Elaina Envia</i>				
	6:45-7:45 YS * Vinyasa Yoga <i>Jenny Clise</i>					

EQUINOX

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SAN FRANCISCO CA 94123

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

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® 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.

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.

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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.

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.

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 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.

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 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 (HEATED) 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.

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

Barefoot Sculpt (HEATED) 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.

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.