

| 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) Colette Harmon | 6:00-6:45 YS* Sculpted Yoga™ <i>Stephanie Vu</i> | 6:15-7:00 MS* Stacked <i>Garrett Kale</i> | 7:00-7:50 YS* Pilates Rise (HEATED) <i>Kailyn Randle</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 Natalie Mason | 6:30-7:15 MS* MetCon3 <i>Lauren Stelmak</i> | 6:15-7:00 MS* Best Butt Ever <i>Charlotte Kallerman</i> | 6:15-7:00 YS* Barre (HEATED) Lily Klausner | 7:30-8:15 CS* Beats Ride Scotty Jacobs | 8:15-9:15 YS* Vinyasa Yoga <i>Warren Lange</i> | 8:45-9:30 MS* Stacked <i>Lauren Stelmak</i> |
| 7:30-8:15 MS* Sculpt <i>Philip Gleichauf</i> | 6:30-7:15 TR* Precision Run@ <i>Garrett Kale</i> | 7:00-7:45 CS* Beats Ride Natalie Mason | 7:15-8:15 YS* Yoga Sculpt <i>Taylor Chang</i> | 7:30-8:15 MS* Athletic Conditioning <i>Lauren Stelmak</i> | 9:00-9:45 CS* Beats Ride Kelsey Pfeffer | 9:45-10:30 CS* Precision Ride <i>NinaAnn Phan</i> |
| 8:15-9:00 YS* True Barre Lily Klausner | 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> |
| 9:30-10:15 YS* Pilates Fusion (HEATED) <i>Mario Godiva</i> | 9:30-10:15 MS* MetCon3 <i>Greg Wolfenden</i> | 7:30-8:15 MS* MetCon3 Emma Krenzlin | 9:30-10:15 MS* Sculpt <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>Megan King</i> |
| 11:00-11:45 MS* Barre Beyond <i>Megan King</i> | 10:30-11:15 TR* Precision Walk: Elevate <i>Megan King</i> | 8:15-9:00 YS* True Barre Jessica Rae | 10:30-11:15 TR* Precision Walk: Elevate <i>Trevor Hill</i> | 12:00-12:45 MS* MetCon3 <i>Colette Harmon</i> | 10:00-10:45 YS* True Barre <i>Megan King</i> | 10:45-11:30 MS* Barre Beyond <i>Emily Wiggins</i> |
| 12:00-12:45 MS* Stronger <i>Chris Turner</i> | 11:15-12:00 MS* Bala Bangle Barre Burn <i>Lily Klausner</i> | 9:30-10:15 MS* Bala Bangle Barre Burn <i>Colette Harmon</i> | 11:15-12:00 YS* True Barre <i>Colette Harmon</i> | 12:15-1:15 YS* MetCon3 <i>Colette Harmon</i> | 10:30-11:15 CS* Beats Ride Michael Wilbert | 11:30-12:30 YS* Sculpted Yoga™ <i>Carolyn Roney</i> |
| 12:15-1:15 YS* Vinyasa Yoga <i>Warren Lange</i> | 12:15-1:00 YS* Pilates Rise (HEATED) <i>Colette Harmon</i> | 12:00-12:30 MS* Tabata Max <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> | 10:45-11:30 MS* Stronger <i>Garrett Kale</i> | 12:00-12:45 MS* MetCon3 <i>Greg Wolfenden</i> |
| 3:45-4:30 MS* Barre <i>Jai Mac Neil</i> | 4:00-4:45 MS* Best Butt Ever <i>Lauren Settembrino</i> | 12:15-1:15 YS* Vinyasa Yoga Rachel Soon | 4:15-5:00 MS* Athletic Conditioning <i>Greg Wolfenden</i> | 4:00-5:00 YS* Vinyasa Yoga (HEATED) <i>Ashley Hayes</i> | 11:30-12:30 YS* Vinyasa Yoga <i>Ethan Savage</i> | 4:00-5:00 YS* Vinyasa Yoga <i>Alessandro Lou</i> |
| 4:00-4:50 MS* Ropes and Rowers <i>Jomar Tagatac</i> | 4:00-5:00 YS* Sculpted Yoga™ Stephanie Vu | 12:30-1:00 MS* Best Butt Ever <i>Garrett Kale</i> | 5:30-6:15 MS* Best Butt Ever <i>Lauren Settembrino</i> | 4:15-5:00 MS* Stronger <i>Greg Wolfenden</i> | 1:00-1:45 YS* Pilates Fusion (HEATED) <i>Megan King</i> | |
| 5:00-6:00 YS* Vinyasa Yoga (HEATED) <i>Gustavo Rearte</i> | 5:15-6:00 MS* MetCon3 <i>Colby Landry</i> | 3:45-4:30 YS* True Barre <i>Megan King</i> | 5:30-6:15 YS* Pilates Rise (HEATED) <i>Colette Harmon</i> | 5:30-6:15 YS* Barre <i>Jai Mac Neil</i> | 4:00-5:00 YS* Weekend Wind Down Yoga (HEATED) Steven Andrew | |
| 5:15-6:00 MS* Cardio Sculpt <i>Colette Harmon</i> | 5:30-6:15 TR* Precision Run@ <i>Garrett Kale</i> | 4:00-4:45 MS* MetCon3 <i>Garrett Kale</i> | 6:30-7:15 CS* Anthem Ride <i>Jai Mac Neil</i> | 6:30-7:15 MS* Bala Bangle Barre Burn <i>Emily Wiggins</i> | | |
| 5:30-6:15 CS* Beats Ride Megan King | 5:30-6:15 YS* Barre <i>Jai Mac Neil</i> | 5:00-6:00 YS* Vinyasa Yoga (HEATED) <i>Laila Arzouni</i> | 6:30-7:15 MS* Vinyasa Yoga <i>Jenny Clise</i> | 7:00-8:00 YS* Vinyasa Yoga <i>Jenny Clise</i> | | |
| 6:30-7:15 MS* Stronger <i>Vince Mendoza</i> | 6:30-7:15 CS* Anthem Ride <i>Jai Mac Neil</i> | 5:15-6:00 MS* Stronger <i>Garrett Kale</i> | | | | |
| 6:30-7:15 YS* Pilates Fusion (HEATED) <i>Colette Harmon</i> | 6:30-7:15 MS* Bala Bangle Barre Burn <i>Megan King</i> | 5:30-6:15 CS* Beats Ride Grace Lee | | | | |
| 7:45-8:30 YS* Sonic Meditation <i>Taylor Chang</i> | 7:00-8:00 YS* Vinyasa Yoga <i>Jenny Clise</i> | 6:30-7:15 MS* The Cut <i>Philip Gleichauf</i> | | | | |
| | | 6:30-7:20 YS* Pilates Rise (HEATED) <i>Megan King</i> | | | | |
| | | 7:45-8:30 YS* Sonic Meditation Lily Klausner | | | | |

EQUINOX

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SAN FRANCISCO CA 94123

EQUINOX.COM

@EQUINOX

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.

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

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 (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.

Yoga Sculpt A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

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.

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.

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.

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 (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 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

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.