

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Athletic Conditioning <i>Henry Brazer</i>	7:00-7:45 MS * Pure Strength Sally French	6:15-6:45 MS * Upper Body Pump <i>Jomar Tagatac</i>	7:00-7:45 MS * MetCon3 <i>Henry Brazer</i>	7:00-8:00 YS * Sculpted Yoga™ (HEATED) Stephanie Vu	8:15-9:15 YS * Vinyasa Yoga <i>Mary Hayano</i>	9:00-10:15 YS * Vinyasa Yoga (HEATED) <i>Ryan Gerard</i>
7:00-7:45 YS * Power Vinyasa (HEATED) Ryan Gerard	7:00-7:45 TR * Precision Run® Rich Velazquez	6:45-7:05 MS * Best Abs Ever <i>Jomar Tagatac</i>	7:00-7:45 TR * Precision Run® <i>MJ Paul</i>	7:10-8:00 MS * Ropes and Rowers <i>Jomar Tagatac</i>	9:15-10:00 CS * Beats Ride <i>Willy Kellogg</i>	9:30-10:30 CS * Endurance Ride 60 <i>Malcolm Eaton</i>
7:15-8:00 CS * Beats Ride <i>Scotty Jacobs</i>	7:00-7:45 YS * Bala Bangle Barre Burn <i>Camille Santiago</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Alessandro Lou</i>	7:00-7:45 YS * Pilates Rise (HEATED) Kate Wiles	8:15-9:00 MS * Stronger Greg Alan	9:30-10:15 MS * Stacked <i>Evan Chasan</i>	9:30-10:15 MS * Rhythmic Sculpt Philip Gleichauf
7:15-8:00 MS * Stronger <i>Chris Turner</i>	8:15-9:00 YS * Vinyasa Yoga (HEATED) <i>Stephanie Vu</i>	7:15-8:00 CS * Beats Ride <i>Emily Hill</i>	8:15-9:00 YS * Pilates Fusion <i>Jordanna Dworkin</i>	12:15-1:00 MS * Athletic Conditioning <i>Garrett Kale</i>	9:45-10:35 YS * Pilates Rise <i>Jordanna Dworkin</i>	10:30-11:15 MS * MetCon3 Christopher Lee
11:30-12:00 TR * Precision Run 30 <i>Jomar Tagatac</i>	12:15-1:00 MS * Stacked <i>MC</i>	7:15-8:00 MS * Lower Body Blast <i>Iris Vazquez</i>	12:15-1:05 MS * Whipped! <i>MC</i>	12:30-1:30 YS * Power Vinyasa <i>Cecily Guest</i>	10:15-11:00 TR * Precision Run® <i>Trevor Hill</i>	10:45-11:30 YS * Bala Bangle Barre Burn Philip Gleichauf
12:15-1:00 MS * MetCon Monday <i>Jomar Tagatac</i>	12:15-1:00 YS * Pilates Fusion <i>Annalisa Brown</i>	11:30-12:00 TR * Precision Run 30 <i>MC</i>	12:15-1:15 YS * Vinyasa Yoga <i>Warren Lange</i>	2:30-3:15 YS * Pilates Fusion (HEATED) Kate Wiles	10:30-11:15 MS * Stronger <i>MC</i>	11:30-12:30 MS * Switch Up: Run + Strength Trevor Hill Christopher Lee
12:30-1:30 YS * Vinyasa Yoga <i>Usha Moss</i>	4:30-5:00 MS * Upper Body Pump <i>Mario Godiva</i>	12:15-1:00 MS * Stronger <i>Darlene Powell</i>	4:30-5:15 MS * Stronger <i>MC</i>	4:15-5:00 YS * Barre <i>Sarah Emmons</i>	11:30-12:15 MS * Rounds: Boxing Circuit <i>Rick Garcia</i>	12:15-1:15 YS * Vinyasa Yoga <i>Melinda Soldan</i>
4:15-5:15 YS * Vinyasa Yoga Denelle Numis	4:30-5:15 YS * Barre <i>Usha Moss</i>	12:30-1:15 YS * Power Vinyasa (HEATED) <i>Haley Havelock</i>	4:30-5:20 YS * Pilates Rise <i>Jordanna Dworkin</i>	4:30-5:15 MS * MetCon3 <i>Marinna Kus</i>	12:15-1:30 YS * Vinyasa Yoga (HEATED) <i>Warren Lange</i>	1:45-2:30 YS * Pilates Rise (HEATED) <i>Melinda Soldan</i>
4:45-5:30 MS * Rounds: Boxing <i>Rick Garcia</i>	5:00-5:20 MS * Best Abs Ever <i>Mario Godiva</i>	4:15-5:15 YS * Vinyasa Yoga Denelle Numis	5:30-6:30 MS * Switch Up: Run + Strength <i>Garrett Kale MC</i>	5:00-5:45 CS * Beats Ride <i>Kelsey Pfeffer</i>	12:30-1:15 MS * MetCon3 <i>Chris Turner</i>	3:00-3:30 MS * Best Butt Ever Vince Mendoza
5:00-5:30 TR * Precision Run 30 <i>Sally French</i>	5:30-6:15 MS * Rhythmic Sculpt Joshua Vela	4:45-5:35 MS * Ropes and Rowers <i>Chris Turner</i>	5:45-6:35 CS * Precision Ride <i>Malcolm Eaton</i>	5:30-6:20 MS * Beats Ride <i>Garrett Kale</i>	1:30-2:00 MS * Upper Body Pump Chris Turner	3:30-4:00 MS * Upper Body Pump Vince Mendoza
5:15-6:00 CS * Beats Ride <i>Spencer Lee</i>	5:30-6:15 TR * Precision Run® <i>MC</i>	5:00-5:30 TR * Precision Run 30 <i>Mark Protacio</i>	5:45-6:45 MS * Vinyasa Yoga (HEATED) <i>Ryan Gerard</i>	5:30-6:30 YS * Power Vinyasa (HEATED) <i>Warren Lange</i>	2:00-3:00 YS * Weekend Wind Down Yoga <i>Steven Rogers</i>	3:30-4:15 YS * Sonic Meditation <i>Mary Hayano</i>
5:30-6:15 YS * Power Vinyasa (HEATED) Haley Havelock	5:45-6:30 CS * Beats Ride <i>Mario Godiva</i>	5:15-6:00 CS * Beats Ride <i>Vince Mendoza</i>	6:45-7:15 MS * Upper Body Pump <i>Garrett Kale</i>			
5:45-6:30 MS * Stronger <i>Sally French</i>	5:45-6:45 YS * Power Vinyasa (HEATED) <i>Kiley Holliday</i>	5:30-6:15 YS * Pilates Rise (HEATED) Kate Wiles	7:15-8:00 YS * Yin Yoga (HEATED) <i>Steven Rogers</i>			
6:30-7:15 CS * Beats Ride <i>Willy Kellogg</i>	6:30-7:15 MS * Cardio Dance <i>Kenny Walter</i>	5:45-6:30 MS * Stacked <i>Mark Protacio</i>				
6:30-7:15 YS * Pilates Fusion (HEATED) <i>Annalisa Brown</i>	7:15-8:00 YS * Sculpted Yoga™ (HEATED) <i>Kate Wiles</i>	6:30-7:15 CS * Beats Ride <i>Ashley Chin</i>				
6:45-7:35 MS * Whipped! <i>MC</i>	7:30-8:15 MS * Stronger <i>Mark Protacio</i>	6:30-7:15 YS * Trilogy Barre Kate Wiles				
7:30-8:15 YS * Slow Flow Yoga <i>Mary Hayano</i>		6:45-7:30 MS * MetCon3 <i>Vince Mendoza</i>				
		7:30-8:15 MS * Power Vinyasa (HEATED) Rachel Soon				

EQUINOX

VAN MISSION

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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

michael.calawerts@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 additive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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 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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

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™ (HEATED) 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 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.

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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.

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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

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.

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 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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Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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.

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

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.

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.