

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 YS * Power Vinyasa (HEATED) <i>Ryan Gerard</i>	7:00-7:45 MS * Pure Strength <i>Sally French</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Alessandro Lou</i>	7:00-7:45 MS * MetCon3 <i>Henry Brazer</i>	7:00-8:00 YS * Sculpted Yoga™ (HEATED) <i>Stephanie Vu</i>	8:15-9:15 YS * Vinyasa Yoga <i>Mary Hayano</i>	9:00-10:15 YS * Vinyasa Yoga (HEATED) <i>Alessandro Lou</i>
7:15-8:00 CS * Beats Ride <i>Emily Hill</i>	7:00-7:45 TR * Precision Run® <i>Rich Velazquez</i>	7:15-8:00 CS * Beats Ride <i>Jonathan Pak</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 MS * Stronger <i>Chris Turner</i>	7:00-7:45 YS * Bala Bangle Barre Burn <i>Camille Santiago</i>	7:15-8:00 MS * Stacked MC	7:00-7:45 YS * Pilates Rise (HEATED) <i>Kate Wiles</i>	8:15-9:00 MS * Stronger <i>Greg Alan</i>	9:30-10:15 MS * Stacked <i>Evan Chasan</i>	9:30-10:15 MS * Rhythmic Sculpt <i>Philip Gleichauf</i>
12:15-1:00 MS * MetCon Monday <i>Jomar Tagatac</i>	8:15-9:00 YS * Vinyasa Yoga (HEATED) <i>Stephanie Vu</i>	12:15-1:00 MS * Stronger <i>Darlene Powell</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 <i>Christopher Lee</i>
12:30-1:30 YS * Vinyasa Yoga <i>Usha Moss</i>	12:15-1:00 MS * Stacked <i>MC</i>	12:30-1:15 MS * Power Vinyasa (HEATED) <i>Haley Havelock</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 <i>Philip Gleichauf</i>
4:15-5:15 YS * Vinyasa Yoga <i>Kiley Holliday</i>	12:15-1:00 YS * Pilates Fusion <i>Annalisa Brown</i>	4:15-5:15 YS * Vinyasa Yoga <i>Denelle Numis</i>	12:15-1:15 YS * Vinyasa Yoga <i>Warren Lange</i>	2:30-3:15 YS * Pilates Fusion (HEATED) <i>Kate Wiles</i>	10:30-11:15 MS * Stronger <i>MC</i>	11:30-12:30 MS * Switch Up: Run + Strength <i>Trevor Hill Christopher Lee</i>
4:45-5:30 MS * Rounds: Boxing <i>Rick Garcia</i>	3:30-4:15 YS * Vinyasa Yoga Denelle Numis	4:45-5:35 MS * Kettlebell Power Chris Turner	3:30-4:15 YS * Bala Bangle Barre Burn Lily Klausner	4:15-5:00 YS * Barre <i>Sarah Emmons</i>	11:00-11:50 YS * Trilogy Barre <i>Mandy Limbach</i>	12:15-1:15 YS * Vinyasa Yoga <i>Melinda Soldan</i>
5:00-5:30 TR * Precision Run 30 <i>Sally French</i>	4:30-5:00 MS * Upper Body Pump <i>Mario Godiva</i>	5:00-5:30 TR * Precision Run 30 <i>Kristen Klehr</i>	4:30-5:15 MS * Stronger <i>MC</i>	4:30-5:15 MS * MetCon3 <i>Marinna Kus</i>	11:30-12:15 MS * Rounds: Boxing Circuit <i>Rick Garcia</i>	1:45-2:30 YS * Pilates Rise (HEATED) <i>Melinda Soldan</i>
5:15-6:00 CS * Beats Ride <i>Spencer Lee</i>	4:30-5:15 YS * Barre <i>Usha Moss</i>	5:15-6:00 CS * Beats Ride <i>Vince Mendoza</i>	4:30-5:20 YS * Pilates Rise <i>Jordanna Dworkin</i>	5:00-5:45 CS * Beats Ride <i>Kelsey Pfeffer</i>	12:15-1:30 YS * Vinyasa Yoga (HEATED) <i>Warren Lange</i>	3:00-3:30 MS * Best Butt Ever <i>Vince Mendoza</i>
5:30-6:15 YS * Power Vinyasa (HEATED) <i>Haley Havelock</i>	5:00-5:20 MS * Best Abs Ever <i>Mario Godiva</i>	5:30-6:15 YS * Pilates Rise (HEATED) <i>Kate Wiles</i>	5:30-6:30 MS * Switch Up: Run + Strength <i>Garrett Kale MC</i>	5:30-6:20 MS * Best Butt Ever <i>Garrett Kale</i>	12:30-1:15 MS * MetCon3 <i>Chris Turner</i>	3:30-4:00 MS * Upper Body Pump <i>Vince Mendoza</i>
5:45-6:30 MS * Stronger <i>Sally French</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Joshua Vela</i>	5:45-6:30 MS * Athletic Conditioning Iris Vazquez	5:45-6:35 CS * Precision Ride <i>Malcolm Eaton</i>	5:30-6:30 YS * Power Vinyasa (HEATED) <i>Warren Lange</i>	1:30-2:00 MS * Upper Body Pump <i>Chris Turner</i>	3:30-4:15 YS * Sonic Meditation <i>Mary Hayano</i>
6:30-7:15 CS * Beats Ride <i>Willy Kellogg</i>	5:30-6:15 TR * Precision Run® <i>MC</i>	6:30-7:15 CS * Beats Ride <i>Ashley Chin</i>	5:45-6:45 MS * Vinyasa Yoga (HEATED) <i>Ryan Gerard</i>		2:00-3:00 YS * Weekend Wind Down Yoga <i>Steven Rogers</i>	
6:30-7:15 YS * Pilates Fusion (HEATED) <i>Annalisa Brown</i>	5:45-6:30 CS * Beats Ride <i>Mario Godiva</i>	6:30-7:15 YS * Trilogy Barre <i>Kate Wiles</i>	6:45-7:15 MS * Upper Body Pump <i>Garrett Kale</i>			
6:45-7:30 MS * Athletic Conditioning <i>MC</i>	5:45-6:45 YS * Power Vinyasa (HEATED) <i>Kiley Holliday</i>	6:45-7:30 MS * MetCon3 <i>Vince Mendoza</i>	7:15-8:00 YS * Yin Yoga (HEATED) <i>Steven Rogers</i>			
7:30-8:30 YS * Slow Flow Yoga MG Brills	6:30-7:15 MS * Cardio Dance <i>Kenny Walter</i>	7:30-8:15 YS * Power Vinyasa (HEATED) <i>Rachel Soon</i>				
	7:15-8:15 YS * Sculpted Yoga™ (HEATED) <i>Kate Wiles</i>					
	7:30-8:15 MS * Stronger <i>Mark Protacio</i>					

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 addictive 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.

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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.

Hiit

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.

Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

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

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.

Regeneration

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.