

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:00 CS * Beats Ride <i>Ashley Chin</i>	6:30-7:15 TR * Precision Walk: Elevate <i>Trevor Hill</i>	7:15-8:15 YS * Vinyasa Yoga <i>Warren Lange</i>	6:45-7:15 TR * Precision Run 30 <i>Trevor Hill</i>	7:15-8:05 YS * Pilates Rise <i>Melinda Soldan</i>
9:15-9:45 MS * Best Butt Ever <i>Annalisa Brown</i>	7:15-8:00 MS * Rounds: Boxing Circuit <i>Eric Guerra</i>	7:30-7:45 MS * Upper Body Pump <i>Vince Mendoza</i>	7:15-8:00 MS * Stronger <i>NinaAnn Phan</i>	7:30-8:15 RG * The Rig: Circuit <i>Chris Turner</i>
9:45-10:05 MS * Best Abs Ever <i>Annalisa Brown</i>	7:15-8:00 YS * Pilates Rise <i>Jordanna Dworkin</i>	7:45-8:00 MS * Best Abs Ever <i>Vince Mendoza</i>	7:15-8:15 YS * Sculpted Yoga™ <i>Marinna Kus</i>	8:15-8:30 RG * Best Abs Ever <i>Chris Turner</i>
12:00-12:50 YS * Pilates Rise <i>Jordanna Dworkin</i>	12:00-12:30 CS * Beats Ride 30 <i>NinaAnn Phan</i>	12:00-12:45 YS * Power Vinyasa <i>Kiley Holliday</i>	12:00-12:30 CS * Beats Ride 30 <i>Grace Lee</i>	12:00-1:00 YS * Vinyasa Yoga <i>Warren Lange</i>
4:00-4:45 MS * MetCon Monday <i>Mark Protacio</i>	12:30-1:15 YS * Bala Bangle Barre Burn <i>Vanessa Wilkins</i>	4:00-4:45 MS * Rhythmic Sculpt <i>Kate Wiles</i>	12:30-1:15 YS * Pilates Fusion <i>Precious Moreno</i>	4:00-4:45 MS * Rounds: Boxing Circuit <i>Eric Guerra</i>
4:00-4:45 YS * Power Vinyasa <i>Haley Havelock</i>	12:45-1:15 MS * Body Sculpt <i>NinaAnn Phan</i>	4:00-4:45 YS * Yin Yoga <i>Warren Lange</i>	12:45-1:15 MS * Best Abs Ever <i>Grace Lee</i>	4:00-4:45 YS * Trilogy Barre <i>Kate Wiles</i>
5:00-5:45 MS * Best Butt Ever <i>Rich Morris</i>	4:00-4:30 MS * Best Butt Ever <i>NinaAnn Phan</i>	5:00-5:45 MS * Stacked <i>Lauren Settembrino</i>	4:00-4:50 MS * Whipped! <i>Christopher Lee</i>	4:45-5:00 MS * Best Abs Ever <i>Eric Guerra</i>
5:00-5:50 YS * Trilogy Barre <i>Lily Klausner</i>	4:00-4:45 YS * Trilogy Barre <i>Kate Wiles</i>	5:00-5:45 YS * Pilates Fusion <i>Gina Soberanis</i>	4:00-4:50 YS * Pilates Rise <i>Vanessa Wilkins</i>	5:00-6:00 YS * Weekend Wind Down Yoga <i>Cecily Guest</i>
5:15-6:00 TR * Precision Run® <i>Garrett Kale</i>	4:30-4:45 MS * Upper Body Pump <i>NinaAnn Phan</i>	5:15-5:45 TR * Precision Run 30 <i>Eli Portales</i>	5:00-6:00 YS * Vinyasa Yoga <i>Taylor Chang</i>	5:30-6:15 MS * MetCon3 <i>Lauren Settembrino</i>
5:30-6:20 CS * Precision Ride <i>Malcolm Eaton</i>	4:45-5:00 MS * Best Abs Ever <i>NinaAnn Phan</i>	5:30-6:15 CS * Beats Ride <i>Willy Kellogg</i>	5:15-6:00 CS * Beats + Bands Ride <i>NinaAnn Phan</i>	
5:45-6:00 MS * Upper Body Pump <i>Rich Morris</i>	5:00-6:00 YS * Vinyasa Yoga <i>Ryan Gerard</i>	5:45-6:15 MS * Athletic Stretch <i>Lauren Settembrino</i>	5:15-5:45 MS * Best Butt Ever <i>Vanessa Wilkins</i>	
6:00-6:15 MS * Best Abs Ever <i>Rich Morris</i>	5:15-6:00 CS * Beats Ride <i>Stephen Selnick</i>	6:15-7:00 YS * Vinyasa Yoga <i>Stephanie Vu</i>	5:45-6:05 MS * Best Abs Ever <i>Vanessa Wilkins</i>	
6:15-7:15 YS * Vinyasa Yoga <i>Cecily Guest</i>	5:15-6:00 MS * Stronger <i>Mark Protacio</i>	6:30-7:15 MS * Cardio Dance <i>Jessica Rae</i>	6:15-7:00 YS * True Barre <i>Annalisa Brown</i>	
6:30-7:15 MS * Cardio Dance: Zumba® <i>Ailin Lian</i>	6:00-6:15 MS * Best Abs Ever <i>Mark Protacio</i>		6:30-7:15 MS * Stronger <i>Christopher Lee</i>	
	6:15-7:00 YS * Pilates Fusion <i>Precious Moreno</i>			
	6:30-7:15 MS * MetCon3 <i>Christopher Lee</i>			

EQUINOX

BEALE STREET

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MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

RG The Rig

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

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.

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.

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 Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Hiit

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.

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.

The Rig: Circuit A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.

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.

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.

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 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.

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.

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Boxing

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

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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.

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.

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.