

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride Michael Gilbert	6:00-6:45 MS * Tabata Max <i>Devon Belanger</i>	6:00-6:45 CS * Beats Ride Michael Gilbert	6:00-6:45 MS * Stacked Sheryl Emery	6:00-6:45 CS * Beats Ride Team Equinox	8:00-8:45 CS * Beats Ride Amy Lim	8:00-8:45 CS * Beats Ride Michael Gilbert
8:00-8:45 YS * Barre <i>Rachele Marsh</i>	6:00-6:50 TR * Precision Run® <i>Wes Pedersen</i>	8:00-8:45 YS * True Barre <i>Lindsey Treadwell</i>	6:00-6:50 TR * Precision Run® <i>Wes Pedersen</i>	8:00-8:45 YS * Barefoot Sculpt Kisha Maher	8:00-8:45 YS * Bala Bangle Barre Burn <i>Kisha Maher</i>	8:00-8:45 YS * Pilates Fusion <i>Molli Hansel</i>
9:00-10:00 YS * Vinyasa Yoga <i>James Afshar</i>	8:00-8:45 YS * Barefoot Sculpt <i>Chrys Landeros</i>	9:00-10:00 YS * Vinyasa Yoga <i>Brynn Rybacek Yniguez</i>	8:00-8:45 YS * Pilates Fusion <i>Mathew Makings</i>	9:00-10:00 YS * Sculpted Yoga™ <i>Wende Lichon</i>	9:00-9:30 MS * Upper Body Pump <i>Seda Balci</i>	9:00-9:50 MS * Athletic Conditioning <i>William Bui</i>
9:30-9:45 MS * Upper Body Pump <i>William Bui</i>	9:00-9:45 CS * Beats Ride Seda Balci	9:30-10:15 MS * Athletic Conditioning <i>Kimball Theoret</i>	9:00-9:45 CS * Beats Ride Michael Gilbert	9:30-10:15 MS * Cardio Sculpt <i>Andy Park</i>	9:00-10:00 YS * Vinyasa Yoga <i>Luciana Freire</i>	9:00-10:00 YS * Restorative Yoga <i>Team Equinox</i>
9:45-10:15 MS * Best Butt Ever <i>William Bui</i>	9:00-9:45 YS * Best Stretch Ever <i>Chrys Landeros</i>	10:15-11:00 MS * Best Stretch Ever <i>Kimball Theoret</i>	9:45-10:30 MS * Cardio Boxing Seda Balci	10:30-11:20 YS * Pilates Rise <i>Natalie Makardish</i>	9:30-10:00 MS * Best Butt Ever <i>Seda Balci</i>	10:30-11:20 YS * Bala Bangle Barre Burn <i>Nina Raab</i>
10:15-10:30 MS * Best Abs Ever <i>William Bui</i>	9:30-10:15 MS * MetCon3 William Bui	10:30-11:20 YS * Pilates Fusion <i>Rachele Marsh</i>	10:00-10:45 YS * True Barre <i>Wende Lichon</i>	11:30-12:15 YS * True Barre <i>Mathew Makings</i>	10:30-11:20 YS * Barefoot Sculpt <i>Hannah Simmons</i>	11:30-12:30 YS * Vinyasa Yoga <i>Aremae Acal</i>
10:30-11:20 YS * Pilates Fusion <i>Marley Crouch</i>	10:00-10:45 YS * Pilates Fusion <i>Wende Lichon</i>	12:00-12:45 CS * Beats Ride Kimball Theoret	11:30-12:15 MS * Tabata Max <i>Kimball Theoret</i>	12:15-1:00 MS * Cardio Dance <i>Shannon Ward</i>	11:30-12:15 YS * Best Stretch Ever <i>Hannah Simmons</i>	
11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	11:15-12:00 YS * True Barre Jennifer Brown	4:45-5:30 YS * Pilates Rise <i>Mathew Makings</i>	12:15-1:15 YS * Vinyasa Yoga <i>Wende Lichon</i>	5:30-6:15 CS * Beats Ride Kayley Watson		
12:00-12:45 MS * Athletic Conditioning <i>Kimball Theoret</i>	12:15-1:15 YS * Vinyasa Yoga <i>Wende Lichon</i>	5:30-6:15 CS * Beats Ride Michael Gilbert	4:15-5:15 YS * Vinyasa Yoga <i>James Afshar</i>	5:30-6:15 YS * Sonic Meditation <i>Grace Gangitano</i>		
4:45-5:30 YS * Pilates Fusion <i>Norma Shechtman</i>	4:15-5:15 YS * Sculpted Yoga™ <i>James Afshar</i>	5:45-6:45 YS * Vinyasa Yoga <i>James Afshar</i>	5:15-6:00 MS * Cardio Kickboxing Devon Belanger			
5:30-6:15 CS * Beats Ride Michael Gilbert	5:15-6:00 MS * Sculpt <i>Amy Lim</i>	6:15-7:00 MS * Cardio Sculpt <i>Mathew Makings</i>	5:30-6:15 CS * Beats Ride Seda Balci			
5:45-6:45 YS * Vinyasa Yoga <i>Luciana Freire</i>	5:30-6:15 CS * Beats Ride Seda Balci		5:30-6:15 YS * Pilates Mat <i>Danielle English</i>			
6:15-7:00 MS * MetCon Monday <i>Brett Kamin</i>	5:30-6:15 YS * Bala Bangle Barre Burn <i>Lindsey Treadwell</i>		6:15-7:05 MS * Stronger Sheryl Emery			
	6:15-7:00 MS * Circuit Training Emily Stubler		6:30-7:30 YS * Restorative Yoga <i>Hannah Simmons</i>			
	6:30-7:15 YS * Sound Meditation <i>Linh James</i>					

EQUINOX

NEWPORT BEACH

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@EQUINOX

MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 05:00 PM

GROUP FITNESS MANAGER

seda.balci@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.

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

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

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.

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 Mat 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.

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

Cardio Boxing Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

Stretch and Recovery

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

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.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

Sculpt

Barefoot Sculpt 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.

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.

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.