

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride <i>Michael Gilbert</i>	6:00-6:50 TR * Precision Run® <i>Wes Pedersen</i>	6:00-6:45 CS * Beats Ride <i>Michael Gilbert</i>	6:00-6:50 TR * Precision Run® <i>Wes Pedersen</i>	6:00-6:45 CS * Beats Ride <i>Jill Epple</i>	8:00-8:45 CS * Beats Ride <i>Amy Lim</i>	8:00-8:45 CS * Beats Ride <i>Michael Gilbert</i>
8:00-8:45 YS * Barre <i>Rachele Marsh</i>	7:00-7:30 MS * Upper Body Pump Anisa Diaz	7:00-7:50 MS * Stronger Sheryl Emery	7:00-7:30 MS * Best Butt Ever Anisa Diaz	8:00-8:45 YS * Barefoot Sculpt <i>Kisha Maher</i>	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>	7:30-7:45 MS * Best Abs Ever Anisa Diaz	8:00-8:45 YS * True Barre <i>Lindsey Treadwell</i>	7:30-7:45 MS * Best Abs Ever Anisa Diaz	9:00-10:00 YS * Vinyasa 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>	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>	9:30-10:15 MS * Lower Body Blast <i>Team Equinox</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 CS * Beats Ride <i>Seda Balci</i>	9:30-10:15 MS * Athletic Conditioning <i>Kimball Theoret</i>	9:00-9:45 CS * Beats Ride <i>Michael Gilbert</i>	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>	9:00-9:45 YS * Best Stretch Ever <i>Chrys Landeros</i>	10:15-11:00 MS * Best Stretch Ever <i>Kimball Theoret</i>	9:45-10:35 MS * Stronger Seda Balci	12:00-12:45 YS * True Barre <i>Mathew Makings</i>	10:00-10:15 MS * Best Abs Ever Seda Balci	11:30-12:30 YS * Vinyasa Yoga <i>Aremae Acal</i>
10:30-11:20 YS * Pilates Fusion <i>Lindsey Treadwell</i>	9:45-10:30 MS * MetCon3 William Bui	10:30-11:20 YS * Pilates Fusion <i>Rachele Marsh</i>	10:15-11:00 YS * Bala Bangle Barre Burn Wende Lichon	12:15-1:00 MS * Cardio Dance <i>Shannon Ward</i>	10:30-11:20 YS * Barefoot Sculpt <i>Hannah Simmons</i>	
11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	10:15-11:00 YS * Pilates Fusion Wende Lichon	12:00-12:45 CS * Beats Ride <i>Kimball Theoret</i>	12:00-12:45 MS * Tabata Max <i>Kimball Theoret</i>	5:30-6:15 YS * Sonic Meditation <i>Grace Gangitano</i>	11:30-12:15 YS * Best Stretch Ever <i>Hannah Simmons</i>	
12:00-12:45 MS * Athletic Conditioning <i>Kimball Theoret</i>	12:00-12:45 CS * Beats Ride Seda Balci	12:30-1:15 YS * True Barre Jennifer Brown	12:15-1:15 YS * Vinyasa Yoga <i>Wende Lichon</i>			
4:45-5:30 YS * Pilates Fusion <i>Norma Shechtman</i>	12:15-1:15 YS * Vinyasa Yoga <i>Wende Lichon</i>	4:45-5:30 YS * Pilates Rise <i>Mathew Makings</i>	4:15-5:15 YS * Vinyasa Yoga <i>James Afshar</i>			
5:30-6:15 CS * Beats Ride <i>Michael Gilbert</i>	5:30-6:15 YS * Bala Bangle Barre Burn <i>Lindsey Treadwell</i>	5:30-6:15 CS * Beats Ride <i>Michael Gilbert</i>	5:30-6:15 YS * Pilates Mat <i>Danielle English</i>			
6:00-7:00 YS * Vinyasa Yoga <i>Luciana Freire</i>	6:15-7:00 MS * Circuit Training <i>Emily Stubler</i>	6:00-7:00 YS * Vinyasa Yoga <i>James Afshar</i>	6:15-7:05 MS * Stronger <i>Sheryl Emery</i>			
6:15-7:00 MS * MetCon Monday <i>Brett Kamin</i>	6:30-7:15 YS * Sound Meditation <i>Linh James</i>	6:15-7:00 MS * MetCon3 Sam Lee Herring	6:30-7:30 YS * Restorative Yoga <i>Hannah Simmons</i>			

EQUINOX

NEWPORT BEACH

19540 Jamboree Road

IRVINE CA 92612

EQUINOX.COM

@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 addictive 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.

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.

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.

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.

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.

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.