

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon3 <i>Alexa Lambarri</i>	6:00-6:50 CS * Cycle Power <i>Zach Fiocca</i>	6:00-6:45 MS * Stronger <i>Kasey Keener</i>	6:00-6:50 CS * Beats Ride Hannah Carmody	6:00-6:45 MS * Pure Strength <i>Alexa Lambarri</i>	8:15-9:00 BA * Barre <i>Rachel Yuter</i>	8:15-9:05 CS * Cycle Power <i>Monica McCall</i>
6:30-7:30 YS * Barefoot Sculpt <i>Lara Benusis</i>	6:30-7:20 BA * Trilogy Barre <i>Lori Anderson</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Danielle Johnston</i>	6:15-7:00 MS * Tabata Max Ashley Erickson	6:30-7:30 YS * Power Vinyasa Cynthia Roth	8:30-9:15 MS * MetCon3 <i>Alexa Lambarri</i>	8:15-9:00 MS * Tabata Max <i>Kim Brutzman</i>
7:15-8:05 BA * Barefoot Sculpt <i>Alexa Lambarri</i>	7:15-8:05 MS * Stacked <i>Alexa Lambarri</i>	7:15-8:05 BA * Pilates Fusion <i>Karina Ross</i>	6:30-7:20 BA * Barefoot Sculpt <i>Rachel Yuter</i>	7:15-7:45 MS * Upper Body Pump <i>Zach Fiocca</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Danielle Johnston</i>	8:30-9:30 YS * Vinyasa Yoga <i>Robert Astalos</i>
8:15-9:00 MS * Tabata Max <i>Samantha Jo Harvey</i>	8:30-9:15 MS * The Cut <i>Alexa Lambarri</i>	7:45-8:30 TR * Special Event: Precision Run Danielle Johnston	7:00-8:00 YS * Power Vinyasa <i>Lara Benusis</i>	8:00-8:30 CS * Beats Ride 30 <i>Zach Fiocca</i>	9:00-10:00 YS * Vinyasa Yoga <i>Melissa Rose</i>	9:00-9:50 BA * Barefoot Sculpt <i>France-Marie Stiewel</i>
8:15-9:15 YS * Hatha Yoga <i>Bam Coulibaly</i>	8:45-9:35 BA * True Barre <i>Kristina Hagen</i>	8:30-9:20 CS * Cycle Power <i>Trish Kilby</i>	8:30-9:15 MS * Cardio Dance <i>Hannah Carmody</i>	8:30-9:30 YS * Vinyasa Yoga <i>Rebekka Mars</i>	9:15-10:05 BA * Barefoot Sculpt <i>Samantha Jo Harvey</i>	9:30-10:15 MS * Best Butt Ever <i>Monica McCall</i>
8:45-9:35 BA * Barefoot Sculpt Ashley Erickson	9:00-10:00 YS * Sculpted Yoga™ <i>Wendy Garafalo</i>	8:45-9:30 MS * Stronger <i>Alexa Lambarri</i>	8:45-9:35 BA * Trilogy Barre <i>Lori Anderson</i>	8:45-9:35 BA * Pilates Rise <i>Karina Ross</i>	9:15-10:00 CS * Anthem Ride <i>Hannah Carmody</i>	10:00-11:00 YS * Vinyasa Yoga (HEATED) <i>Loren Yandoc</i>
9:00-9:50 TR * Precision Walk: Elevate <i>Danielle Johnston</i>	9:30-10:15 MS * Tabata Max <i>Ashley Erickson</i>	9:00-10:00 YS * Power Vinyasa (HEATED) <i>Jennifer Harpin</i>	9:00-10:00 YS * Sculpted Yoga™ Karina Ross	9:15-10:05 MS * Whipped! <i>Tiffany Newlin</i>	9:30-10:15 MS * Stronger <i>Kasey Keener</i>	10:15-11:05 BA * True Barre <i>Jessica Janc</i>
9:15-10:05 MS * Best Butt Ever <i>Samantha Jo Harvey</i>	10:30-11:30 YS * Slow Flow Yoga <i>Wendy Garafalo</i>	9:15-10:05 BA * Barefoot Sculpt <i>Ashlee Cinco</i>	9:30-10:20 MS * MetCon3 <i>Grace Recka</i>	9:30-10:20 CS * Cycle Power <i>Zach Fiocca</i>	10:15-11:05 BA * Pilates Fusion <i>Samantha Jo Harvey</i>	10:15-11:00 CS * Beats Ride Ashley Erickson
9:30-10:20 CS * Beats Ride Bam Coulibaly	11:00-11:50 BA * Pilates Fusion <i>Ashlee Cinco</i>	10:30-11:00 MS * Upper Body Pump Alexandra Simon	10:30-11:30 YS * Vinyasa Yoga <i>Melissa Rose</i>	10:30-11:20 MS * Best Butt Ever <i>Tiffany Newlin</i>	10:30-11:00 MS * Upper Body Pump <i>Bam Coulibaly</i>	11:15-12:05 BA * Pilates Rise <i>Karina Ross</i>
10:15-11:15 YS * Athletic Stretch <i>Dre Santana</i>	12:00-12:45 CS * Beats Ride Ashley Erickson	11:00-11:20 MS * Best Abs Ever Alexandra Simon	12:00-12:50 BA * Pilates Fusion <i>Karina Ross</i>	10:45-11:35 BA * True Barre France-Marie Stiewel	10:45-11:45 YS * Power Vinyasa (HEATED) <i>Kelli Russell</i>	11:30-12:30 MS * Cardio Dance <i>Ashley Erickson</i>
10:45-11:35 BA * Trilogy Barre <i>Karina Ross</i>	4:00-5:00 YS * Vinyasa Yoga <i>Jake Ferree</i>	12:00-1:00 YS * Power Vinyasa <i>Jake Ferree</i>	4:00-5:00 YS * Slow Flow Yoga (HEATED) <i>Melissa Rose</i>	11:45-12:35 MS * MetCon3 <i>Tiffany Newlin</i>	11:00-11:20 MS * Best Abs Ever <i>Bam Coulibaly</i>	12:30-1:30 YS * Vinyasa Yoga <i>Karina Ross</i>
12:00-1:00 YS * Vinyasa Yoga <i>Taylor Jeanne</i>	4:30-5:00 MS * Upper Body Pump <i>Grace Recka</i>	1:00-1:45 MS * Best Stretch Ever <i>Wendy Garafalo</i>	5:00-6:15 MS * Tabata Max <i>Kasey Keener</i>	12:00-12:50 BA * Barefoot Sculpt France-Marie Stiewel	11:30-12:20 MS * Cardio Sculpt <i>Bam Coulibaly</i>	3:00-4:00 YS * Weekend Wind Down <i>Taylor Jeanne</i>
1:00-1:50 BA * Pilates Rise <i>Karina Ross</i>	5:00-5:50 BA * Barefoot Sculpt <i>Samantha Jo Harvey</i>	4:00-4:45 CS * Cycle Power <i>Monica McCall</i>	5:30-6:15 MS * Tabata Max <i>Kasey Keener</i>	1:00-1:50 YS * Gentle Yoga <i>Wendy Garafalo</i>	12:30-1:30 YS * Weekend Wind Down Yoga <i>Cynthia Roth</i>	
4:15-5:15 YS * Yin Yoga <i>Cynthia Roth</i>	5:00-5:20 MS * Best Abs Ever <i>Grace Recka</i>	4:30-5:15 BA * Pilates Rise <i>Lori Anderson</i>	6:00-6:45 CS * Cycle Power <i>Zach Fiocca</i>	5:00-5:45 MS * Stronger <i>Alexa Lambarri</i>		
4:30-5:20 BA * True Barre <i>Kristina Hagen</i>	5:30-6:20 MS * Whipped! <i>Grace Recka</i>	5:15-6:05 MS * Best Butt Ever Ashley Erickson	6:15-7:15 YS * Vinyasa Yoga <i>Taylor Jeanne</i>	6:00-7:00 YS * Vinyasa Yoga (HEATED) Sue White		
5:00-5:50 MS * MetCon Monday <i>Monica McCall</i>	6:00-6:45 TR * Precision Run® <i>Samantha Jo Harvey</i>	5:30-6:20 BA * True Barre <i>Lori Anderson</i>				
5:45-6:35 BA * Barefoot Sculpt Caitlin Lancon	6:15-7:05 BA * Pilates Fusion <i>Sue White</i>	6:00-7:00 YS * Power Vinyasa (HEATED) <i>Rebekka Mars</i>				
6:00-7:00 YS * Power Vinyasa (HEATED) <i>Kelli Russell</i>	7:00-8:00 YS * Yin Yoga Jennifer Harpin	6:30-7:30 MS * Cardio Dance <i>Ashley Erickson</i>				
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EQUINOX

LA COSTA

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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

ashley.erickson@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An 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.

Cycle Power A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

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.

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.

Special Event: Precision Run Experience this 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.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

Hatha Yoga A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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™ 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.

Slow Flow Yoga (HEATED) 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.

Vinyasa Yoga (HEATED) 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.

Athletic Training

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.

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.

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.

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

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.

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.

Boxing and Kickboxing

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Stretch and Recovery

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.

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.

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.

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.