

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS* MetCon Monday <i>Monique Bell</i>	6:15-7:05 MS* Athletic Conditioning <i>Juan Hidalgo</i>	6:30-7:15 MS* Stacked <i>Pasquale Guiducci</i>	6:15-7:00 MS* Rounds: Kickboxing <i>Steven Dell</i>	6:30-7:15 MS* MetCon3 <i>Cody Stoute</i>	8:30-9:15 MS* Sculpt <i>Frances Flores</i>	9:15-10:00 MS* Athletic Conditioning <i>Jill Austin</i>
7:00-8:00 YS* Power Vinyasa (HEATED) <i>Austin Hollingshead</i>	6:30-7:15 YS* Pilates Fusion <i>Larisa Lotz</i>	7:30-8:30 YS* Power Vinyasa (HEATED) <i>Pasquale Guiducci</i>	6:30-7:15 YS* Vinyasa Yoga (HEATED) <i>Jad Kassouf</i>	8:15-9:00 MS* EQX Barre Burn <i>Zsolt Banki</i>	9:15-10:05 YS* Pilates Rise <i>Regina Santos</i>	10:00-10:15 MS* Best Abs Ever <i>Jill Austin</i>
8:15-9:00 MS* BootKAMP <i>Kupah James</i>	8:15-9:00 YS* Off The Barre <i>Stephanie Hall</i>	9:15-10:05 YS* Trilogy Barre <i>Amy Bishop</i>	9:30-10:20 CS* Cycle Power <i>Yifat Binder</i>	9:15-10:05 YS* True Barre <i>Yifat Binder</i>	9:30-10:20 CS* Beats Ride <i>Eileen O'Connell</i>	10:00-11:00 YS* Vinyasa Yoga <i>Jad Kassouf</i>
9:15-10:05 YS* Trilogy Barre <i>Regina Santos</i>	9:30-10:15 CS* Anthem Ride <i>Yifat Binder</i>	9:30-10:15 MS* MetCon3 <i>Elle Young</i>	9:30-10:30 YS* Vinyasa Yoga <i>Joseph Seeman</i>	9:30-10:00 MS* Upper Body Pump <i>Drea Marchesi</i>	10:00-10:50 MS* Rounds: Boxing <i>Ronit Koren</i>	11:45-12:35 MS* Stacked <i>Yifat Binder</i>
9:30-10:20 MS* Stronger <i>Andre Aultmon</i>	9:45-10:35 MS* Sculpt <i>Delf Enriquez</i>	10:30-11:15 MS* Stronger <i>Elle Young</i>	9:45-10:35 MS* Athletic Conditioning <i>Delf Enriquez</i>	9:45-10:35 CS* Beats Ride <i>Ronit Koren</i>	10:30-11:30 YS* Vinyasa Yoga <i>Eileen O'Connell</i>	12:00-12:55 YS* Gentle Yoga <i>Lotem Porat</i>
10:30-11:30 YS* Vinyasa Yoga <i>Joseph Seeman</i>	10:30-11:15 TR* Precision Walk: Elevate <i>Yifat Binder</i>	12:00-1:00 YS* Sculpted Yoga™ <i>Cierra Flood</i>	10:45-11:35 YS* Pilates Rise <i>Larisa Lotz</i>	10:00-10:30 MS* Best Butt Ever <i>Drea Marchesi</i>	11:30-12:20 MS* Stronger <i>Delf Enriquez</i>	1:00-1:45 YS* Sonic Meditation <i>Lotem Porat</i>
12:00-12:45 MS* Best Butt Ever <i>Nicole Steen</i>	10:45-11:35 YS* Pilates Rise <i>Regina Santos</i>	12:30-1:20 MS* Athletic Conditioning <i>Koni Nwaukoni</i>	11:00-12:00 MS* Studio Dance <i>Nico O'Connor</i>	10:30-11:15 YS* Best Stretch Ever <i>Yifat Binder</i>	12:00-1:00 YS* Sculpted Yoga™ <i>Jad Kassouf</i>	4:30-5:30 YS* Weekend Wind Down Yoga <i>Lynn Taylor</i>
4:00-4:45 YS* Pilates Rise <i>Zsolt Banki</i>	12:00-1:00 YS* Vinyasa Yoga <i>Pia Kamonsit</i>	5:00-5:45 MS* MetCon3 <i>Juan Hidalgo</i>	12:00-1:00 YS* Vinyasa Yoga <i>Eileen O'Connell</i>	12:00-1:00 YS* Vinyasa Yoga (HEATED) <i>Lucas Varella</i>		
5:00-5:45 MS* Athletic Conditioning <i>Juan Hidalgo</i>	5:15-6:05 CS* Beats Ride <i>Monique Bell</i>	5:15-6:15 YS* Yoga Shape Up <i>Frances Flores</i>	12:30-1:15 MS* Rounds: Boxing <i>Ronit Koren</i>	5:15-6:00 MS* Best Butt Ever <i>Monique Bell</i>		
5:15-6:15 YS* Vinyasa Yoga <i>Frances Flores</i>	5:15-6:00 MS* Rounds: Boxing <i>Steven Dell</i>	6:00-6:45 CS* Cycle Power <i>Karen Schneider</i>	5:15-6:00 MS* Tabata Max <i>Fiona Hwang</i>	5:15-6:10 YS* Restorative Yoga <i>Heather D.</i>		
6:00-6:50 CS* Beats Ride <i>Wil Ashley</i>	5:30-6:30 YS* Power Vinyasa <i>Dylan Drew</i>	6:15-7:05 MS* Circuit Training <i>Juan Hidalgo</i>	5:30-6:30 YS* Vinyasa Yoga <i>Shazi Usman</i>	6:15-7:00 YS* Sound Meditation <i>Heather D.</i>		
6:15-7:00 MS* Stacked <i>Juan Hidalgo</i>	6:15-7:05 MS* Athletic Conditioning <i>Monique Bell</i>	6:30-7:30 YS* Gentle Yoga <i>Lizbeth Vazquez</i>	6:30-7:20 MS* EQX Barre Burn <i>Zsolt Banki</i>			
6:30-7:30 YS* Hatha Yoga <i>Lynn Taylor</i>	6:45-7:30 YS* Pilates Mat <i>Pia Kamonsit</i>					

EQUINOX

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 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

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.

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 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

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.

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.

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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.

Yoga Shape Up Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretching. Shape up your body and mind with grounding vinyasa yoga flows, fiery resistance band and bodyweight sculpting, and rebalancing yoga stretches. You’ll leave class feeling stronger and reenergized.

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.

BootKAMP BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

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

EQX Barre Burn This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

Off The Barre This off-the-barre class incorporates a continuous series of contemporary exercises. 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 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

Studio Dance A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

Boxing and Kickboxing

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: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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

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.

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.