

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * MetCon Monday <i>Kim Masinter</i>	6:30-7:20 MS * Stronger <i>Dallas Haupt</i>	6:15-7:00 CS * Beats Ride <i>George Whyhny</i>	6:30-7:20 MS * Athletic Conditioning <i>Kim Masinter</i>	6:30-7:15 MS * MetCon3 <i>Cosmo Bertollini</i>	8:30-9:30 YS * Vinyasa Yoga <i>Scarlett McCann</i>	8:30-9:20 YS * Pilates Fusion <i>Be Solomon</i>
7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Buddy Macuha</i>	6:30-7:20 YS * Pilates Mat <i>Claire Bryant</i>	6:30-7:20 MS * Tabata Max <i>Valintine Baker</i>	6:30-7:20 YS * Barre (HEATED) <i>Kate Willson</i>	7:15-7:30 MS * Best Abs Ever <i>Cosmo Bertollini</i>	8:45-9:30 MS * Whipped! <i>Orlando Deral</i>	9:00-9:50 MS * Athletic Conditioning <i>Stephanie Carter</i>
7:30-8:20 CS * Beats Ride <i>Cosmo Bertollini</i>	7:00-7:50 CS * Beats Ride <i>Latif Diop</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Trey Jones</i>	7:00-7:50 CS * Beats Ride <i>David Pisanich</i>	7:15-8:15 YS * Power Vinyasa <i>Joseph Seeman</i>	9:00-9:50 CS * Beats Ride <i>Bernard Colburn</i>	9:45-10:35 CS * Beats Ride <i>Ronit Koren</i>
8:00-8:30 MS * Best Butt Ever <i>Jessica Walker</i>	8:00-8:50 MS * Athletic Conditioning <i>Dallas Haupt</i>	7:30-8:20 CS * Beats Ride <i>Simone Bery</i>	8:00-8:50 MS * Stacked <i>Rick Logan</i>	8:15-9:05 MS * Whipped! <i>Jeff McMullen</i>	9:45-10:35 MS * MetCon3 <i>Kate Willson</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Yifat Binder</i>
8:30-8:45 MS * Upper Body Pump <i>Jessica Walker</i>	8:15-9:05 YS * Bala Bangle Barre Burn <i>Kate Willson</i>	8:00-8:50 MS * Stronger <i>Daxton Bloomquist</i>	8:00-8:50 TR * Precision Run® <i>Daxton Bloomquist</i>	8:30-9:20 CS * Beats Ride <i>Joseph Seeman</i>	10:30-11:20 CS * Beats Ride <i>Wil Ashley</i>	10:00-11:00 YS * Trilogy Barre <i>Stephanie Carter</i>
8:45-9:00 MS * Best Abs Ever <i>Jessica Walker</i>	8:30-9:20 CS * Beats Ride <i>Joseph Seeman</i>	9:30-10:00 MS * Best Butt Ever <i>Jeff McMullen</i>	8:30-9:20 YS * Pilates Fusion <i>Devan Medrano</i>	9:00-9:50 YS * Pilates Fusion <i>Devan Medrano</i>	10:45-11:35 YS * Barre <i>Dana Holm</i>	10:30-11:15 MS * <b>Rhythmic Sculpt</b> <i>Be Solomon</i>
9:30-10:20 MS * Stronger <i>Kate Willson</i>	10:00-10:50 MS * Cardio Sculpt <i>Michelle Costello</i>	10:00-10:15 MS * Best Abs Ever <i>Jeff McMullen</i>	10:00-10:50 MS * <b>Rhythmic Sculpt</b> <i>Andre Aultmon</i>	10:00-10:50 MS * Body Sculpt <i>Frances Flores</i>	11:00-11:50 MS * The Cut <i>Fiona Hwang</i>	
10:30-11:20 MS * Best Stretch Ever <i>Kate Willson</i>	10:30-11:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	10:20-10:50 MS * Best Stretch Ever <i>Jeff McMullen</i>	10:30-11:30 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	10:45-11:35 YS * Trilogy Barre <i>Kate Willson</i>		11:15-11:30 MS * Best Abs Ever <i>Be Solomon</i>
10:45-11:35 YS * Barefoot Sculpt <i>Taylor Marie</i>	12:15-1:05 MS * Stronger <i>Derek Ringold</i>	10:45-11:35 YS * Pilates Fusion <i>Devan Medrano</i>	12:15-1:00 MS * Muay Thai <i>Steven Dell</i>	12:00-12:50 MS * Best Butt Ever <i>Jesse Rey</i>	12:00-1:00 YS * Slow Flow Yoga <i>Rachel Ross</i>	11:45-1:00 YS * Vinyasa Yoga <i>Lynn Taylor</i>
12:00-1:00 YS * Vinyasa Yoga <i>Erin Grossman</i>	12:30-1:20 YS * Pilates Mat <i>Lesley Greer</i>	12:00-1:00 YS * Yoga Shape Up <i>Frances Flores</i>	12:30-1:20 YS * Pilates Fusion <i>Be Solomon</i>	1:00-1:50 CS * Precision Ride <i>Yifat Binder</i>	12:30-1:20 MS * Stronger <i>Andre Aultmon</i>	12:30-1:20 MS * Cardio Dance <i>Nkechi Okonkwo</i>
1:00-1:50 CS * Anthem Ride <i>Yifat Binder</i>	5:15-6:05 MS * Best Butt Ever <i>Jesse Rey</i>	12:30-1:20 MS * Circuit Training <i>Nik Andrews</i>	5:15-6:00 MS * Tabata Max <i>Derek Ringold</i>	4:30-5:20 CS * Beats Ride <i>Nowani Rattray</i>	1:30-2:00 MS * Best Stretch Ever <i>Andre Aultmon</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Scarlett McCann</i>
5:00-5:45 MS * Circuit Training <i>Lyo Reneau</i>	5:30-6:20 YS * Barre <i>Stephanie Carter</i>	5:00-6:00 MS * Switch Up: Run + Strength <i>Daxton Bloomquist Kate Willson</i>	5:30-6:20 YS * Trilogy Barre <i>Andre Aultmon</i>	4:30-5:00 MS * Best Abs Ever <i>Juan Hidalgo</i>	3:00-3:50 YS * Pilates Rise <i>Patty Wortham</i>	
5:15-6:15 YS * Sculpted Yoga™ <i>Chris Youmans</i>	6:30-7:20 CS * Beats Ride <i>Wil Ashley</i>	6:15-7:00 YS * Barre <i>Jessica Walker</i>	6:00-6:15 MS * Best Abs Ever <i>Derek Ringold</i>	5:15-6:05 MS * Athletic Conditioning <i>Juan Hidalgo</i>		
5:45-6:00 MS * Best Abs Ever <i>Lyo Reneau</i>	6:45-7:35 MS * MetCon3 <i>Stephanie Carter</i>	6:15-7:00 CS * Beats Ride <i>Cosmo Bertollini</i>	6:30-7:20 CS * Beats Ride <i>Andre Aultmon</i>	5:30-6:30 YS * Power Vinyasa <i>Lesley Greer</i>		
6:15-7:05 CS * Beats Ride <i>Lyo Reneau</i>	7:00-8:00 YS * Slow Flow Yoga <i>Trey Jones</i>	6:15-7:00 MS * Best Butt Ever <i>Kate Willson</i>	6:45-7:35 MS * The Cut <i>Fiona Hwang</i>	6:30-7:15 MS * Rounds: Kickboxing <i>Fiona Hwang</i>		
6:15-7:00 MS * Athletic Conditioning <i>Fiona Hwang</i>	8:00-8:50 MS * Cardio Dance <i>Nkechi Okonkwo</i>	6:15-7:00 MS * Best Butt Ever <i>Kate Willson</i>	7:00-8:00 YS * Power Vinyasa (HEATED) <i>Pasquale Guiducci</i>			
6:30-7:20 YS * Pilates Fusion <i>Pia Kamonsit</i>	8:15-9:00 YS * Sound Meditation <i>Buddy Macuha</i>	6:30-7:15 YS * Pilates Mat (HEATED) <i>Cynthia San Luis</i>				
7:15-8:00 MS * Rounds: Boxing <i>Steven Dell</i>		7:15-8:05 MS * Stacked <i>Cosmo Bertollini</i>				
8:00-8:50 YS * Sound Meditation <i>Lizbeth Vazquez</i>		7:30-8:45 YS * Yin Yoga Meditation (HEATED) <i>Kate Willson</i>				

# EQUINOX

## MIRACLE MILE

5750 Wilshire Boulevard  
LOS ANGELES CA 90036  
EQUINOX.COM  
@EQUINOX

**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

kate.willson@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

**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.

**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**® 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.

**Switch Up: Run + Strength** Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

## 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.

**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.

**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 Meditation (HEATED)** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

**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.

**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.

**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.

**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.

**Barre (HEATED)** 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.

## 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 Mat (HEATED)** 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

**Muay Thai** Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

**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.

**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

**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.

**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.

**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.

**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.

**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.