

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Tabata Max Steven Haahr	6:15-7:00 MS * Athletic Conditioning Nikki Elliott	6:30-7:15 MS * Stacked Jada Kelly	6:30-7:20 CS * Precision Ride Amy Robertson	6:30-7:20 MS * Athletic Conditioning Bibi Mama	8:15-9:00 CS * Beats Ride Amy Robertson	8:30-9:15 MS * Stronger Lyo Reneau
7:00-7:45 CS * Beats Ride Erika Foster	6:30-7:15 CS * Beats Ride Bernard Colburn	7:00-7:45 CS * Beats Ride Karen Schneider	7:30-8:30 YS * Power Vinyasa (HEATED) Austin Hollingshead	7:00-7:45 CS * Beats Ride Wii Ashley	8:30-9:20 MS * Barre Beyond Dane Sorensen	8:30-9:20 TR * Precision Walk: Elevate Yifat Binder
8:00-8:45 YS * Pilates Mat Dane Sorensen	7:30-8:30 YS * Power Vinyasa (HEATED) Kate Stone	7:30-8:15 YS * Trilogy Barre Stephanie Carter	8:30-9:15 MS * Tabata Max Marzena Janasik	7:30-8:30 YS * Sculpted Yoga™ Laurel Eriane	9:00-9:50 YS * Pilates Mat Susannah Hake	8:45-9:35 YS * Pilates Rise Maya Fiorella
8:15-9:00 MS * Rounds: Boxing Steven Dell	8:30-9:15 MS * MetCon3 Jada Kelly	8:00-8:45 MS * The Cut Marzena Janasik	9:30-10:15 YS * Trilogy Barre Amy Bishop	8:00-8:45 MS * Rounds: Boxing Ramana King	9:30-10:15 CS * Beats Ride Stephanie Carter	9:30-10:15 CS * Beats Ride Lyo Reneau
9:30-10:30 YS * Vinyasa Yoga Kishan Shah	9:30-10:15 YS * Barre Joseph Corella	9:00-9:45 MS * Tabata Max Cody Stoute	10:00-10:45 MS * Body Sculpt Marzena Janasik	8:45-9:30 CS * Anthem Ride Sara McGowan	10:00-10:45 MS * Tabata Max Derek Ringold	9:30-10:15 MS * MetCon3 Valeriya Rimer
10:00-10:50 MS * MetCon Monday Valeriya Rimer	10:00-10:50 MS * BootKAMP Kupah James	9:30-10:30 YS * Vinyasa Yoga Sarra Morton	10:30-11:30 YS * Gentle Yoga Sarra Morton	9:30-10:20 YS * Pilates Mat Pia Kamonsit	10:30-11:30 YS * Vinyasa Yoga (HEATED) Sarra Morton	10:00-11:15 YS * Vinyasa Yoga (HEATED) Lotem Porat
12:30-1:30 YS * Vinyasa Yoga Sarra Morton	10:30-11:30 YS * Spirit Yoga Jen E. Smith	10:30-11:20 MS * Bala Bangle Barre Burn Susannah Hake	12:00-12:45 YS * Vinyasa Yoga (HEATED) Sarra Morton	10:00-10:45 MS * Body Sculpt Amanda Taylor	11:00-11:45 MS * Cardio Kickboxing Michael Reeves	10:30-11:15 MS * Best Butt Ever Jeff McMullen
4:00-4:45 MS * Stronger Andre Aultmon	12:00-1:00 YS * Sculpted Yoga™ Sarah Carr	12:00-12:50 CS * Beats Ride Eileen O'Connell	12:30-1:20 MS * Stronger Rick Logan	12:00-12:45 MS * MetCon3 Cody Stoute	12:00-1:00 YS * Power Vinyasa (HEATED) Dan Ward	11:00-11:45 CS * Beats Ride Stephanie Walsh
5:00-5:50 TR * Precision Run® Rene Wiley	12:30-1:15 MS * Best Butt Ever Rick Logan	12:30-1:20 YS * Pilates Rise Maya Fiorella	4:00-4:45 MS * Best Stretch Ever Lindsey Hutterer	12:30-1:30 YS * Vinyasa Yoga Valeriya Rimer	12:15-1:00 MS * Stacked Rich Song	11:15-11:30 MS * Best Abs Ever Jeff McMullen
5:15-6:00 MS * Best Butt Ever Pearl Fu	4:00-5:00 YS * Vinyasa Yoga (HEATED) Sarra Morton	4:00-4:45 YS * Barre Dane Sorensen	4:15-5:00 CS * Beats Ride Jen E. Smith	3:00-3:50 CS * Beats Ride Skip Jennings	1:00-1:15 MS * Best Abs Ever Rich Song	11:45-12:30 MS * Cardio Dance Dane Sorensen
5:30-6:30 YS * Power Vinyasa (HEATED) Austin Hollingshead	5:00-5:45 MS * MetCon3 Juanito Alvarez	5:00-5:45 MS * Cardio Dance Dane Sorensen	5:00-6:00 YS * Power Vinyasa Raphie Chiaramonte	4:00-4:45 YS * Sound Meditation Lahila Oppenheimer	3:00-3:50 YS * Pilates Rise Regina Santos	1:00-2:00 YS * Weekend Wind Down Yoga Kiyomi Takahashi
6:00-6:45 CS * Beats Ride Rene Wiley	5:30-6:15 YS * Pilates Fusion Maya Fiorella	6:00-6:45 MS * Stronger Brenna Dwyer	5:15-6:00 MS * Body Sculpt Pearl Fu	4:15-5:00 MS * Body Sculpt Frances Flores	4:30-5:30 YS * Yin Yoga Jen E. Smith	3:30-4:20 MS * MetCon3 Aidan Dayani
6:30-7:20 MS * Cardio Dance Nkechi Okonkwo	6:00-6:50 CS * Beats Ride Greg Davis	6:15-7:00 CS * Beats Ride Nowani Rattray	5:30-6:20 TR * Precision Run® Lindsey Hutterer	5:30-6:15 MS * Stronger Derek Ringold	6:00-6:45 YS * Barre Stephanie Carter	4:30-5:15 YS * Sonic Meditation Xavianca Horne
7:00-7:45 YS * Pilates Fusion Marcelin Jurbina	6:30-7:15 MS * Tabata Max Derek Ringold	6:30-7:30 YS * Hatha Yoga Sarah Girard	6:00-6:45 CS * Beats Ride Rene Wiley	6:00-6:45 YS * MetCon3 Stephanie Carter		
	7:00-7:45 YS * Barre Kristina DelGrosso	7:10-8:00 MS * Stacked Titus-R'icard Baldwin	6:30-7:20 MS * MetCon3 Stephanie Carter	7:00-7:45 YS * Pilates Fusion Dane Sorensen		

# EQUINOX

## CULVER CITY

10000 W. Washington Boulevard

CULVER CITY CA 90232

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

**Kids**

**MON-SAT** 09:00 AM 01:30 PM

## GROUP FITNESS MANAGER

sarra.morton@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.

## 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.

**Spirit Yoga** An open class focused on clearing your mind and connecting with your body through meditative poses.

**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

**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.

**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.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**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 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 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.

**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.

**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.

**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.

**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.