

| 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 | 6:30-7:15 CS * Cycle Power Amy Robertson | 6:30-7:20 MS * Athletic Conditioning Bibi Mama | 8:15-9:00 CS * Cycle Power 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 | 7:30-8:30 YS * Vinyasa Yoga Ashley Shubert | 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 | 8:00-8:45 MS * Rounds: Boxing Ramana King | 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 | 8:45-9:35 CS * Anthem Ride Sara McGowan | 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 Amy Bishop | 9:00-9:45 MS * Tabata Max Cody Stoute | 10:00-10:45 MS * Best Butt Ever Marzena Janasik | 9:30-10:20 YS * Pilates Mat Pia Kamonsit | 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 | 10:00-10:45 MS * Sculpt Amanda Taylor | 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 | 12:00-12:45 MS * MetCon3 Cody Stoute | 11:00-11:45 MS * Cardio Kickboxing Michael Reeves | 10:30-11:15 CS * Beats Ride Alex Margarite |
| 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 | 12:30-1:30 YS * Vinyasa Yoga Valeriya Rimer | 12:00-1:00 YS * Power Vinyasa (HEATED) Dan Ward | 10:30-11:15 MS * Best Butt Ever Jeff McMullen |
| 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 Amy Bishop | 4:00-4:45 MS * Best Stretch Ever Lindsey Hutterer | 3:00-3:45 CS * Beats Ride Alyssa Downer | 12:15-1:00 MS * Stacked Rich Song | 11:15-11:30 MS * Best Abs Ever Jeff McMullen |
| 5:15-5:45 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 | 4:00-4:45 YS * Sound Meditation Lahila Oppenheimer | 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 Chiamaronte | 4:15-5:00 MS * Sculpt Frances Flores | 1:00-1:15 MS * Weekend Wind Down Yoga | 1:00-2:00 YS * Kiyomi Takahashi |
| 5:45-6:05 MS * Best Abs Ever Pearl Fu | 5:30-6:15 YS * Pilates Fusion Maya Fiorella | 6:00-6:45 MS * Stronger Brenna Dwyer | 5:15-6:00 MS * Sculpt Pearl Fu | 5:30-6:15 MS * Stronger Derek Ringold | 3:00-3:50 YS * Pilates Rise Regina Santos | 3:30-4:20 MS * MetCon3 Aidan Dayani |
| 6:00-6:45 CS * Beats Ride Rene Wiley | 6:00-6:45 CS * Beats Ride Greg Davis | 6:15-7:05 CS * Cycle Power Alex Margarite | 5:30-6:20 TR * Precision Run® Lindsey Hutterer | 6:00-6:45 MS * Barre Stephanie Carter | 4:30-5:30 YS * Yin Yoga Jen E. Smith | 4:30-5:15 YS * Sonic Meditation Xavianca Horne |
| 6:30-7:20 MS * Cardio Dance Nkechi Okonkwo | 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 | 6:30-7:20 MS * MetCon3 Stephanie Carter | | |
| 7:00-7:45 YS * Pilates Fusion Marcelin Jurbina | 7:00-7:45 YS * Barre Kristina DelGrosso | 7:10-8:00 MS * Stacked Titus-R'icard Baldwin | 6:30-7:20 MS * Pilates Fusion Dane Sorensen | 7:00-7:45 YS * Pilates Fusion Dane Sorensen | | |

EQUINOX

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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.

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.

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.

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.