

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * MetCon Monday <i>Elsa Saatela</i>	6:45-7:30 MS * Pilates Mat <i>Jennifer Tarentino</i>	6:45-7:15 MS * SUMMER SETS: Quick HIIT <i>Lisa Bosalavage</i>	6:45-7:35 MS * Stronger <i>Diego Guevara</i>	7:30-8:15 MS * Barefoot Sculpt <i>Ary Nunez</i>	9:00-9:45 MS * Pilates Fusion <i>Katherine Menna</i>	9:30-10:00 MS * SUMMER SETS: Best Butt Ever <i>DeVonte McCray</i>
8:30-9:15 MS * Pilates Mat <i>Claire Danese</i>	8:00-9:00 MS * Vinyasa Yoga <i>Mardi Sykes</i>	7:15-7:30 MS * SUMMER SETS: Upper Body Pump <i>Lisa Bosalavage</i>	8:00-8:30 MS * SUMMER SETS: Best Butt Ever <i>Diego Guevara</i>	8:30-9:15 CS * Beats Ride <i>Leah Clark</i>	10:00-10:45 MS * TRX Max Circuit <i>Brennan Caldwell</i>	10:00-10:15 SUMMER SETS: Upper Body Pump <i>DeVonte McCray</i>
9:30-10:15 MS * Sculpted Yoga™ <i>Kumiko Buckman</i>	9:15-10:00 MS * Off the Barre <i>Pavee Kwun</i>	7:30-7:45 MS * SUMMER SETS: Best Abs Ever <i>Lisa Bosalavage</i>	8:30-9:00 MS * SUMMER SETS: Best Abs Ever <i>Diego Guevara</i>	8:30-9:15 MS * Power Vinyasa <i>Johan Montijano</i>	10:15-11:00 CS * Beats Ride <i>Sarah Madaus</i>	10:15-10:30 MS * SUMMER SETS: Best Abs Ever <i>DeVonte McCray</i>
12:15-1:00 MS * Body Sculpt <i>Bonnie Flannery</i>	12:30-1:15 MS * Pilates Fusion <i>Ron Tal</i>	8:00-8:45 MS * Pilates Rise <i>Madison Houck</i>	9:15-10:00 MS * Pilates Mat <i>Itsy Rachatasumrit</i>	9:30-10:15 MS * Stacked <i>Jan Erik Navoa</i>	11:00-11:45 MS * Stacked <i>Brennan Caldwell</i>	10:45-11:45 MS * Power Vinyasa <i>Evan Perry</i>
4:30-5:15 MS * Slow Flow Yoga <i>James Donegan</i>	4:30-5:15 MS * Body Sculpt <i>Jan Erik Navoa</i>	8:30-9:15 CS * Beats + Bands Ride <i>Ney Melo</i>	12:30-1:15 MS * Power Vinyasa <i>Andrey Block</i>	12:15-12:45 MS * SUMMER SETS: Best Butt Ever <i>Joey Ledonio</i>	12:00-1:00 MS * Power Vinyasa <i>Katey Lewis</i>	12:00-12:50 MS * Stronger <i>Jan Erik Navoa</i>
5:30-6:15 MS * EQX Barre Burn <i>Zach Eisenberg</i>	5:30-6:15 MS * Rounds: Bags and Mitts <i>Alexei Kuznietsov</i>	9:00-9:45 MS * Vinyasa Yoga <i>Madison Houck</i>	4:30-5:15 MS * Silhouette <i>Alexis Sweeney</i>	12:45-1:00 MS * SUMMER SETS: Upper Body Pump <i>Joey Ledonio</i>	1:15-2:00 MS * Pilates Fusion <i>Genieve Gordon</i>	12:30-1:15 CS * Anthem Ride <i>Jon Gluckner</i>
6:15-7:00 CS * Precision Ride <i>Lisa Bosalavage</i>	6:00-6:50 TR * Precision Run® <i>Jan Erik Navoa</i>	12:15-1:00 MS * Bala Bangle Barre Burn <i>Meaghan McLeod</i>	5:30-6:15 MS * Slow Flow Yoga <i>Jessica Metz</i>	1:00-1:15 MS * SUMMER SETS: Best Abs Ever <i>Joey Ledonio</i>	2:15-3:00 MS * Athletic Conditioning <i>Laison Dunnivant</i>	1:00-1:45 MS * Bala Bangle Barre Burn <i>Jennifer Benesch</i>
6:30-7:15 MS * MetCon Monday <i>Jan Erik Navoa</i>	6:30-7:15 MS * Vinyasa Yoga <i>Johan Montijano</i>	4:30-5:15 MS * Off the Barre <i>Meaghan McLeod</i>	6:00-6:45 CS * Beats Ride <i>Sarah Madaus</i>	4:30-5:15 MS * Pilates Rise <i>Claire Goldes</i>	3:00-3:15 MS * Best Abs Ever <i>Laison Dunnivant</i>	2:00-2:45 MS * Pilates Rise <i>Mary Dana Abbott</i>
7:30-8:15 MS * Power Vinyasa <i>Andrey Block</i>	7:30-8:15 MS * Pilates Fusion <i>Kylie Treacy</i>	5:30-6:20 MS * Vinyasa Yoga <i>Mikee Richardson</i>	6:30-7:15 MS * Pilates Fusion <i>Katherine Menna</i>	5:30-6:15 MS * Stacked <i>Dario Torres</i>	3:30-4:30 MS * Weekend Wind Down Yoga <i>Erica Chen</i>	3:00-3:45 MS * Stacked <i>Alexei Kuznietsov</i>
		6:15-7:00 CS * Beats Ride <i>Jan Erik Navoa</i>		6:30-7:30 MS * Vinyasa Yoga <i>Dylan Evans</i>		4:00-5:00 MS * Vinyasa Yoga <i>Mikee Richardson</i>
		6:30-7:20 MS * Stronger <i>Denay Rogers</i>				
		7:30-8:15 MS * Silhouette <i>Alexis Sweeney</i>				

EQUINOX

DUMBO

117 Front Street

BROOKLYN NY 11201

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 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

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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.



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.

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.

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.



HIIT

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.

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.

SUMMER SETS: Quick HIIT Take the summer on with this efficient and effective full body HIIT workout. A mix of strength, cardio, and core will bring the summer heat in just 30 minutes. 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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.



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.

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.



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.

Silhouette Silhouette by Alexis Sweeney offers a contemporary take on a low impact, high-intensity Pilates Fusion class to deep house beats that boost muscular endurance, balance, stamina, strength, and flexibility. Seamless moves and creative sequences provide a distinct challenge leaving you eager for more.



Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.



Strength

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.

SUMMER SETS: Best Abs Ever Take the summer on with 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.

SUMMER SETS: Best Butt Ever Take the summer on with a powerful lower body workout designed to sculpt and strengthen your glutes in 30 minutes or less. Get active. Get strong. Get powerful. Get ready to feel the burn and embrace the summer with confidence. An Equinox exclusive.

SUMMER SETS: Upper Body Pump Take the summer on with less than 30 mins of upper body work targeting your arms, chest, and back. Get your quick pump in before heading out to the summer sun. 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.