

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * Body Sculpt <i>Robin Retherford</i>	7:15-8:00 CS * Beats Ride <i>Candace Storch</i>	7:30-8:15 TR * Precision Walk: Elevate <i>Alex Barreto</i>	7:15-8:00 CS * Beats Ride <i>Candace Storch</i>	7:30-8:15 MS * Body Sculpt <i>Robin Retherford</i>	9:00-9:50 TR * Precision Run® <i>Shanti</i>	9:15-10:00 MS * Stronger <i>Alex Barreto</i>
8:30-9:20 YS * True Barre <i>Amber Immordino</i>	8:15-9:00 YS * Pilates Fusion <i>Carol Alvarez</i>	8:30-9:30 YS * Vinyasa Yoga <i>Shanti</i>	8:15-9:00 YS * Pilates Rise <i>Katalin Axmann</i>	8:30-9:30 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	9:00-9:45 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	9:30-10:30 CS * Endurance Ride 60 <i>Hugo Gatjens</i>
9:15-9:45 MS * SUMMER SETS: Upper Body Pump <i>Alex Barreto</i>	9:15-10:00 MS * Body Sculpt <i>Tarra Martinez</i>	9:15-10:00 MS * Stronger <i>Alex Barreto</i>	9:15-10:00 MS * MetCon3 <i>Darryl Crosier</i>	9:15-10:00 MS * Rounds: Boxing <i>PJ Venturino</i>	9:15-10:00 MS * MetCon3 <i>PJ Venturino</i>	10:30-11:15 MS * Ropes and Rowers <i>Alex Barreto</i>
9:45-10:15 MS * SUMMER SETS: Best Butt Ever <i>Alex Barreto</i>	10:15-11:00 CS * Beats Ride <i>Tarra Martinez</i>	10:00-11:00 YS * Pilates at the Barre <i>Carol Alvarez</i>	10:15-11:00 CS * Beats Ride Nikki Cucurullo	10:00-10:45 YS * Barre <i>Amber Immordino</i>	9:30-10:15 CS * Beats Ride Nikki Cucurullo	10:30-11:15 YS * Bala Bangle Barre Burn <i>Amber Immordino</i>
10:00-11:00 YS * Vinyasa Yoga <i>Kiki So</i>	11:15-12:00 YS * True Barre <i>Araceli Kaba</i>	10:45-11:30 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	11:15-12:00 YS * Barre <i>Araceli Kaba</i>	10:45-11:30 CS * Anthem Ride <i>Amber Roach</i>	10:15-11:15 YS * Vinyasa Yoga <i>Shanti</i>	10:45-11:15 TR * Precision Run 30 <i>Angel Alicea</i>
10:45-11:30 CS * Beats Ride <i>Candace Storch</i>	12:00-12:45 MS * Athletic Conditioning Darryl Crosier	11:00-11:45 CS * Beats Ride <i>Nikki Cucurullo</i>	12:00-12:45 MS * Best Butt Ever <i>Darryl Crosier</i>	10:45-11:30 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	10:30-11:15 MS * Body Sculpt Nikki Cucurullo	11:30-12:15 MS * Rounds: Boxing <i>Angel Alicea</i>
11:45-12:30 MS * Stacked Carol Alvarez	12:45-1:45 YS * Vinyasa Yoga <i>Emilia Garth</i>	11:15-12:15 YS * Vinyasa Yoga <i>Nicolay Del Salto</i>	12:45-1:45 YS * Restorative Yoga <i>Emilia Garth</i>	11:45-12:15 MS * SUMMER SETS: Quick HIIT <i>Amber Roach</i>	11:15-11:30 MS * Best Abs Ever Nikki Cucurullo	11:30-12:30 YS * Vinyasa Yoga <i>Kiki So</i>
12:30-12:45 MS * Best Abs Ever Carol Alvarez	5:00-5:30 MS * Best Abs Ever <i>Taliah Mekki</i>	11:45-12:30 MS * Stacked <i>Matt Devanney</i>	5:00-5:30 MS * Best Abs Ever <i>Maykel Moreira</i>	12:15-12:45 MS * SUMMER SETS: Best Abs Ever <i>Amber Roach</i>	11:30-12:30 YS * Athletic Stretch <i>Elissa Barbach</i>	3:00-4:15 YS * Strength and Stillness Yoga <i>Steven Herbst</i>
5:30-6:15 MS * Rounds: Boxing <i>PJ Venturino</i>	5:30-6:15 MS * Best Butt Ever <i>Taliah Mekki</i>	12:30-1:15 YS * Pilates Mat <i>Natalie Rivera</i>	5:30-6:15 MS * Best Butt Ever <i>Maykel Moreira</i>	12:15-1:15 YS * Power Vinyasa <i>Kiki So</i>	3:00-4:00 YS * Restorative Yoga <i>Shakti Reyna</i>	
6:00-6:45 YS * Bala Bangle Barre Burn <i>Robin Retherford</i>	5:30-6:15 YS * Pilates Mat <i>Andrew Blake Ames</i>	5:30-6:15 MS * MetCon3 <i>Darryl Crosier</i>	5:30-6:15 YS * Pilates Fusion <i>Nas Analouei</i>	6:00-7:00 YS * Yin Yoga + Sound Meditation <i>Katalin Axmann</i>	4:15-5:00 YS * Sonic Meditation <i>Shakti Reyna</i>	
6:30-7:15 MS * Stronger <i>Matt Devanney</i>	6:00-6:50 TR * Precision Walk: Elevate <i>Angel Alicea</i>	6:00-6:50 YS * True Barre <i>Amber Immordino</i>	6:00-6:50 TR * Precision Run + Strength <i>Angel Alicea</i>			
7:15-8:15 YS * Vinyasa Yoga <i>Kiki So</i>	6:30-7:15 CS * Precision Ride <i>KC Della-Fera</i>	6:20-6:50 MS * Best Abs Ever <i>Darryl Crosier</i>	6:30-7:15 CS * Anthem Ride <i>KC Della-Fera</i>			
	6:30-7:30 YS * Power Vinyasa <i>JP Tiffert</i>	7:15-8:00 MS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	6:30-7:30 YS * Vinyasa Yoga <i>JP Tiffert</i>			
	7:00-7:45 MS * Rounds: Boxing <i>Angel Alicea</i>	7:15-8:15 YS * Vinyasa Yoga <i>Emilia Garth</i>				

EQUINOX

SOUTH BEACH
520 Collins Avenue
MIAMI BEACH FL 33139
EQUINOX.COM
@EQUINOX

MON-THU 05:30 AM 10:00 PM
FRI 05:30 AM 09:00 PM
SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER
chavonne.baron@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.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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 + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

Precision Run 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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

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.

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.

Strength and Stillness Yoga A practice that balances dynamic vinyasa with deep recovery, taught by Steven Herbst. Build strength, increase flexibility, and find mental clarity in this transformative practice.

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.

Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

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.

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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Dance

Studio Dance: Latin Rhythms A choreography-driven dance class using the Latin dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Boxing

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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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.

Sculpt

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.

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.