

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Rounds: Boxing <i>Angel Alicea</i>	6:15-7:00 MS * Stacked <i>Emmanuel Griffin</i>	7:00-8:00 YS * Power Vinyasa (Heated) <i>Nicolay Del Salto</i>	6:15-7:05 MS * Stronger <i>Danny Lauchaire</i>	6:45-7:30 MS * MetCon3 <i>Luis Weber</i>	8:30-9:15 MS * Rounds: Boxing <i>Darryl Crosier</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Kiki So</i>
7:00-7:45 YS * Pilates Fusion (Heated) <i>Taliah Mekki</i>	7:15-8:00 CS * Beats Ride <i>Nikki Cucurullo</i>	7:15-8:00 MS * Athletic Conditioning <i>Luis Weber</i>	7:15-8:00 CS * Beats Ride <i>Nikki Bucks</i>	7:00-7:45 YS * Pilates Fusion (Heated) <i>Kelly Moumdjian</i>	9:00-10:00 YS * Vinyasa Yoga <i>Kiki So</i>	10:00-10:45 MS * MetCon3 <i>Darryl Crosier</i>
7:45-8:30 MS * Stronger <i>Angel Alicea</i>	7:15-8:05 TR * Precision Run® <i>Angel Alicea</i>	8:15-9:00 MS * MetCon3 <i>Luis Weber</i>	7:15-8:05 TR * Precision Run® <i>Danny Lauchaire</i>	7:45-8:30 MS * Best Butt Ever <i>Taliah Mekki</i>	9:30-10:15 CS * Beats Ride JP Shami	10:30-11:15 YS * EQX Barre Burn <i>Taliah Mekki</i>
8:30-9:15 YS * Barefoot Sculpt (Heated) <i>Carol Alvarez</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Alex Barreto</i>	8:30-9:15 YS * Barre (Heated) <i>Taliah Mekki</i>	7:30-8:30 YS * Power Vinyasa (Heated) <i>Kiki So</i>	7:45-8:35 TR * Precision Run® <i>Luis Weber</i>	9:30-10:15 MS * Athletic Conditioning <i>Darryl Crosier</i>	11:00-11:45 CS * Beats Ride <i>Brandon Rodriguez</i>
9:15-10:00 MS * MetCon3 <i>Matt Devanney</i>	8:00-8:45 MS * Rounds: Boxing <i>Danny Lauchaire</i>	9:15-10:00 MS * Best Butt Ever <i>Angel Alicea</i>	8:00-8:45 MS * Athletic Conditioning <i>PJ Venturino</i>	9:00-9:50 MS * Stronger <i>Matt Devanney</i>	10:15-11:00 YS * Pilates Mat <i>Patricia Pinto</i>	11:30-12:00 MS * SUMMER SETS: Best Butt Ever <i>Matt Devanney</i>
12:00-12:45 YS * Pilates Fusion (Heated) <i>Nas Analouei</i>	9:15-10:00 MS * Athletic Conditioning <i>Danny Lauchaire</i>	12:00-12:45 YS * Pilates Fusion <i>Lauren Lampa</i>	9:15-10:00 MS * Stacked Danny Lauchaire	12:00-1:00 YS * Restorative Yoga <i>Shanti</i>	10:30-11:20 MS * Stronger <i>Dominic Manfredi</i>	11:30-12:15 YS * Pilates Mat <i>Christina Specos</i>
12:15-1:00 MS * Stronger <i>Darryl Crosier</i>	12:15-1:15 YS * Yin Yoga <i>Nicolay Del Salto</i>	12:15-1:00 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	12:30-1:00 MS * SUMMER SETS: Best Butt Ever <i>Maykel Moreira</i>	12:15-1:00 MS * Rounds: Boxing <i>PJ Venturino</i>	11:30-12:15 MS * Body Sculpt <i>Rachel Dugan</i>	12:00-12:30 MS * SUMMER SETS: Upper Body Pump <i>Matt Devanney</i>
4:00-4:45 YS * Pilates Fusion (Heated) <i>Taliah Mekki</i>	12:30-1:15 MS * MetCon3 <i>Amber Roach</i>	1:15-2:05 MS * Stronger <i>Dominic Manfredi</i>	1:00-1:30 MS * SUMMER SETS: Best Abs Ever <i>Maykel Moreira</i>	5:15-6:00 MS * Best Butt Ever <i>Amber Roach</i>	12:15-1:15 YS * Power Vinyasa (Heated) <i>Tazz Carter</i>	12:30-1:30 YS * Weekend Wind Down Yoga <i>Linda Pedrosa</i>
5:30-6:15 MS * Body Sculpt <i>Taliah Mekki</i>	1:15-1:45 MS * Best Abs Ever <i>Amber Roach</i>	5:30-6:15 MS * Best Butt Ever <i>Taliah Mekki</i>	4:00-4:45 YS * Barefoot Sculpt (Heated) <i>Amber Roach</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Gab Cohen</i>	3:45-4:45 YS * Restorative Yoga <i>Shanti</i>	3:45-5:00 YS * Power Vinyasa (Heated) <i>Javier Lopez</i>
5:45-6:45 YS * Power Vinyasa (Heated) <i>Alex Barreto</i>	5:15-6:00 YS * Pilates Fusion <i>Jill Deviscour</i>	5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Nicolay Del Salto</i>	5:00-5:45 YS * Hatha Yoga (Heated) <i>Danny Lauchaire</i>	6:00-6:30 MS * Best Abs Ever <i>Amber Roach</i>		6:15-7:15 YS * Yin Yoga Meditation <i>Shakti Reyna</i>
6:15-7:05 TR * Precision Walk: Elevate <i>Angel Alicea</i>	5:30-6:15 MS * Beats Ride <i>Rachel Dugan</i>	6:15-7:00 CS * Beats Ride <i>Dominic Manfredi</i>	5:30-6:15 MS * Stronger <i>Dominic Manfredi</i>	7:00-8:00 YS * Restorative Yoga <i>Gab Cohen</i>		
6:30-7:15 CS * Beats Ride <i>Dominic Manfredi</i>	6:30-7:15 MS * Stacked <i>Rachel Dugan</i>	6:30-7:15 MS * Tabata Max <i>Brittany Berger</i>	6:15-7:00 CS * Anthem Ride <i>Rachel Morales</i>			
6:30-7:15 MS * Best Butt Ever <i>Maykel Moreira</i>	6:30-7:30 YS * Power Vinyasa (Heated) <i>Jill Deviscour</i>	7:15-8:15 YS * Power Vinyasa (Heated) <i>Javier Lopez</i>	6:15-7:05 YS * Pilates Rise (Heated) <i>Lauren Lampa</i>			
7:15-8:15 YS * Vinyasa Yoga <i>Gab Cohen</i>	6:45-7:30 CS * Beats Ride <i>Rachel Morales</i>	7:20-7:50 MS * Best Abs Ever <i>Brittany Berger</i>	6:30-7:15 MS * Athletic Conditioning <i>Rachel Dugan</i>			
7:20-7:50 MS * Best Abs Ever <i>Maykel Moreira</i>	7:30-8:15 MS * Rounds: Boxing <i>Miguel Garcia</i>		7:20-8:20 YS * Yin Yoga <i>Shakti Reyna</i>			
			7:30-8:15 MS * Rounds: Boxing <i>Darryl Crosier</i>			

EQUINOX

BRICKELL HEIGHTS

25 SW 9th Street

MIAMI FL 33131

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 11:00 PM

FRI 05:00 AM 10:00 PM

SAT-SUN 07:00 AM 08:00 PM

GROUP FITNESS MANAGER

dominic.manfredi@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.



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

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.

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.

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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Yin Yoga Meditation 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.



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.

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.

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

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.

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.



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

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.



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.

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.

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.