

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:05 MS *	Athletic Conditioning <i>Jill Austin</i>	6:15-7:00 MS *	Cardio Sculpt <i>Nicholas Duran</i>	6:15-7:05 MS *	MetCon3 <i>Lucy Cohen</i>	6:15-7:00 MS *	Stacked <i>Cody Stoute</i>	6:15-7:05 MS *	Stronger <i>Monique Bell</i>	8:15-9:00 YS *	Pilates Fusion <i>Jonathan Jedrzejewski</i>	9:00-9:50 MS *	Athletic Conditioning <i>Ali Farahanny</i>
6:30-7:20 TR *	Precision Run® <i>Ian Culbertson</i>	6:30-7:20 TR *	Precision Run® <i>Jenia Koroleva</i>	6:30-7:20 YS *	<b>Pilates Fusion (Heated)</b> <i>Kat Colla</i>	6:30-7:20 TR *	Precision Run® <i>Jenia Koroleva</i>	6:30-7:20 YS *	Pilates Mat <i>Jonathan Jedrzejewski</i>	8:30-9:15 MS *	Stacked <i>Drea Marchesi</i>	9:00-9:45 YS *	EQX Barre Burn <i>Jessica Walker</i>
6:30-7:20 YS *	<b>Pilates Rise Drea Marchesi</b>	7:00-7:50 CS *	Beats Ride <i>Ronit Koren</i>	7:30-8:15 MS *	<b>Bala Bangle Barre Burn Amanda Beasley</b>	7:00-7:50 CS *	Anthem Ride <i>Kyra Manayan</i>	7:15-8:05 TR *	Precision Walk: Elevate <i>Sara McGowan</i>	9:30-10:20 CS *	Beats Ride <i>Marisa Stahl</i>	10:00-10:30 TR *	Precision Run 30 <i>Jessica Walker</i>
7:30-8:15 MS *	MetCon Monday <i>Drea Marchesi</i>	7:15-8:15 YS *	Power Vinyasa <i>Dylan Drew</i>	8:30-9:00 MS *	SUMMER SETS: Quick HIIT <i>Cosmo Bertollini</i>	7:15-8:15 YS *	Vinyasa Yoga (Heated) <i>Dylan Drew</i>	7:30-8:15 MS *	Body Sculpt <i>Drea Marchesi</i>	9:30-10:20 MS *	Stronger <i>Andre Aultmon</i>	10:00-11:15 YS *	Hatha Yoga <i>Clio Manuelian</i>
8:15-9:05 YS *	Bala Bangle Barre Burn <i>Ash Moss</i>	7:30-8:15 MS *	Stronger <i>Alexis Harrell</i>	9:00-9:30 MS *	SUMMER SETS: Best Butt Ever <i>Cosmo Bertollini</i>	8:30-9:20 YS *	Pilates Fusion (Heated) <i>Drea Marchesi</i>	8:00-9:00 YS *	Vinyasa Yoga <i>Lizbeth Vazquez</i>	9:30-10:15 YS *	Barefoot Sculpt <i>Ayanna Contreras</i>	10:15-11:00 MS *	Tabata Max <i>Branden Roth</i>
9:30-10:15 YS *	Pilates Fusion <i>Pearl Fu</i>	8:30-9:15 MS *	Body Sculpt <i>Jessica Walker</i>	9:30-9:30 MS *	SUMMER SETS: Best Butt Ever <i>Cosmo Bertollini</i>	9:45-10:30 YS *	EQX Barre Burn <i>Nicholas Duran</i>	8:30-9:20 MS *	<b>Bala Bangle Barre Burn Ash Moss</b>	9:45-10:35 TR *	Precision Run® <i>Ross Neumann</i>	10:30-11:20 CS *	Precision Ride <i>Alexis Harrell</i>
10:15-11:00 MS *	Cardio Sculpt <i>Nicholas Duran</i>	8:30-9:30 YS *	Gentle Yoga <i>Joyce Ivonne</i>	9:30-10:20 YS *	Pilates Fusion <i>Cynthia San Luis</i>	10:30-11:00 MS *	SUMMER SETS: Quick HIIT <i>Nik Andrews</i>	9:30-10:20 YS *	Pilates Mat <i>Chris Stanley</i>	10:30-11:20 YS *	Barre Beyond <i>Andre Aultmon</i>	11:30-12:15 MS *	Rounds: Pro (L3) <i>Ronit Koren</i>
12:00-1:00 YS *	Vinyasa Yoga <i>Austin Hollingshead</i>	9:45-10:35 YS *	Bala Bangle Barre Burn <i>Jessica Walker</i>	10:15-11:00 MS *	Mind Body Fit <i>Maeve McCaffrey</i>	11:00-11:30 MS *	SUMMER SETS: Best Abs Ever <i>Nik Andrews</i>	10:15-11:00 MS *	Best Butt Ever <i>Cody Stoute</i>	10:30-11:20 YS *	Vinyasa Yoga <i>Jad Kassouf</i>	11:30-12:30 YS *	Restorative Yoga <i>Saori Soga</i>
1:00-1:30 MS *	SUMMER SETS: Best Butt Ever <i>Jessica Walker</i>	10:30-11:00 MS *	Best Butt Ever <i>Andre Aultmon</i>	11:15-12:00 MS *	Stronger <i>Alexis Harrell</i>	12:00-12:50 YS *	Pilates Rise <i>Cynthia San Luis</i>	12:00-1:00 YS *	Vinyasa Yoga <i>Pia Kamonsit</i>	11:30-12:15 MS *	Best Stretch Ever <i>Jad Kassouf</i>	1:00-1:50 YS *	Pilates Mat <i>Jonathan Jedrzejewski</i>
1:30-1:45 MS *	SUMMER SETS: Upper Body Pump <i>Jessica Walker</i>	11:00-11:30 MS *	Best Abs Ever <i>Andre Aultmon</i>	12:00-1:00 YS *	Vinyasa Yoga <i>Austin Hollingshead</i>	1:00-2:00 YS *	Hatha Yoga <i>Clio Manuelian</i>	1:30-2:20 YS *	Pilates Fusion <i>Pia Kamonsit</i>	12:15-1:00 YS *	Pilates Fusion <i>Marcelin Jurbina</i>	4:00-5:00 YS *	Slow Flow Yoga <i>Rachel Kennedy</i>
1:45-2:00 MS *	SUMMER SETS: Best Abs Ever <i>Jessica Walker</i>	12:00-12:50 YS *	Pilates Fusion <i>Pearl Fu</i>	1:00-1:50 MS *	Athletic Conditioning <i>Cosmo Bertollini</i>	4:00-4:50 YS *	Pilates Rise <i>Regina Santos</i>	4:00-4:50 YS *	Vinyasa Yoga (Heated) <i>Shannon Branham</i>	1:15-2:30 YS *	Vinyasa Yoga <i>Heather D.</i>		
4:00-4:50 YS *	<b>Pilates Mat Chris Stanley</b>	1:00-2:00 YS *	Power Vinyasa <i>Brent Laffoon</i>	4:00-4:50 YS *	Pilates Mat <i>Ayanna Contreras</i>	5:15-6:00 MS *	Stronger <i>Joseph Corella</i>	5:00-5:45 MS *	MetCon3 <i>Juanito Alvarez</i>	2:45-3:30 YS *	Sound Meditation <i>Pua Hall</i>		
5:00-5:45 MS *	Studio Dance: GROOV3 <i>Ben Ayers</i>	4:00-4:50 YS *	Pilates Fusion <i>Pia Kamonsit</i>	4:45-5:15 MS *	SUMMER SETS: Best Butt Ever <i>Nik Andrews</i>	5:30-6:30 YS *	Vinyasa Yoga <i>Kat Colla</i>	6:00-6:50 YS *	Pilates Fusion (Heated) <i>Shannon Branham</i>				
5:15-6:15 YS *	Vinyasa Yoga <i>Dylan Drew</i>	5:15-6:00 MS *	MetCon3 <i>Chris Schram</i>	5:15-5:45 MS *	SUMMER SETS: Best Abs Ever <i>Nik Andrews</i>	6:00-6:50 CS *	Precision Ride <i>Jeff McMullen</i>	6:15-7:00 MS *					
6:00-6:50 CS *	Beats Ride <i>Karen Schneider</i>	5:30-6:30 YS *	Sculpted Yoga™ <i>Jad Kassouf</i>	5:15-6:15 YS *	Power Vinyasa <i>Lucas Varella</i>	6:15-7:00 MS *	Rounds: Boxing <i>David Guisao</i>	6:45-7:30 YS *					
6:15-7:00 MS *	Athletic Conditioning <i>Myles Rodney</i>	6:00-6:50 CS *	Anthem Ride <i>Christina Davis</i>	6:15-7:00 MS *	MetCon3 <i>Nik Andrews</i>	6:45-7:30 YS *	<b>Pilates Fusion Joseph Corella</b>						
6:15-7:05 TR *	Precision Run® <i>Ross Neumann</i>	6:15-7:00 MS *	Stacked <i>Cody Stoute</i>	6:30-7:30 YS *	Vinyasa Yoga <i>Rachel Kennedy</i>	7:15-8:00 MS *							
6:30-7:30 YS *	Vinyasa Yoga <i>Buddy Macuha</i>	6:45-7:30 YS *	Pilates Fusion <i>Meri Bobber</i>										
7:15-8:00 MS *	MetCon3 <i>Juanito Alvarez</i>	7:15-7:45 MS *	Best Abs Ever <i>Cody Stoute</i>										
7:45-8:30 YS *	Sonic Meditation <i>Buddy Macuha</i>												

# EQUINOX

WESTWOOD  
10960 Wilshire Blvd.  
LOS ANGELES CA 90024  
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

GROUP FITNESS MANAGER  
amy.malloy@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 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

**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.  
**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.  
**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.



## 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.  
**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.  
**Mind Body Fit** Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!  
**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.  
**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 Beyond** Give your barre workout a cardio boost 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.  
**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: GROOV3** Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!



## 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.  
**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.



## Regeneration

**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

**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.  
**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.



## 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.