

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55 CS◆ The Pursuit: Build Wes Pedersen	6:00-6:45 CS◆ Studio Cycling <i>Webb Travis</i>	6:00-6:55 CS◆ Performance Cycling <i>Jason Hardy</i>	6:00-6:45 CS◆ Studio Cycling T.B.D.	6:00-6:55 CS◆ Studio Cycling <i>Webb Travis</i>	7:30-8:30 OL Equinox Run Club <i>Wes Pedersen</i>	8:30-9:30 CS◆ Cycle Beats <i>Andrew Vo</i>
6:00-7:00 YS Vinyasa Yoga <i>Luciana Freire</i>	7:00-7:45 MS◆ PURE STRENGTH <i>Anthony Campbell</i>	6:00-7:00 YS Vinyasa Yoga <i>Luciana Freire</i>	7:00-7:50 MS 4X4 <i>Kristin Granillo</i>	7:00-7:45 YS True Barre <i>Jennifer Hall</i>	8:00-8:45 CS◆ The Pursuit: Build Kimball Theoret	9:00-9:30 MS◆ THE CUT: Jump Rope Kristin Osbon
7:00-7:50 MS METCON3 Kristin Granillo	8:30-9:00 MS Stacked! <i>Wes Pedersen</i>	7:00-7:45 MS Barre Fit Cardio <i>Jennifer Hall</i>	8:30-9:15 MS FIRED up! (Sculpt) <i>Webb Travis</i>	8:30-9:15 CS◆ The Pursuit: Burn <i>Wes Pedersen</i>	9:00-9:45 MS Full Throttle <i>Joey O'Mara</i>	9:30-10:45 YS Vinyasa Yoga <i>Shireen Kavarian</i>
8:30-9:15 CS◆ Studio Cycling <i>Webb Travis</i>	9:00-9:30 TR◆ Tread and Shred <i>Wes Pedersen</i>	8:30-9:15 YS Studio Cycling <i>Kristin Granillo</i>	9:30-10:15 CS◆ Studio Cycling Webb Travis	9:00-9:30 TR◆ Tread and Shred <i>Maria Hamilton</i>	9:00-10:00 YS◆ Power Yoga (L2) <i>Raquel Perry</i>	9:35-10:05 MS THE CUT Kristin Osbon
9:30-10:15 MS Barefoot Body Conditioning <i>Tamara Taylor</i>	9:30-10:15 CS◆ Cycle Beats Raquel Perry	8:30-9:15 YS Pilates Power <i>Emily Decinces</i>	9:30-10:20 MS Ultimate Workout <i>Kristin Granillo</i>	9:30-10:15 MS Definitions <i>Maria Hamilton</i>	9:30-10:15 CS◆ Studio Cycling <i>Webb Travis</i>	10:00-11:00 CS◆ Performance Cycling <i>Rachel Neal</i>
9:30-10:30 YS Yoga Core (L2) <i>Raquel Perry</i>	9:30-10:20 MS METCON3 <i>Kristin Granillo</i>	9:30-10:00 MS◆ Firestarter <i>Kristin Osbon</i>	9:30-10:30 YS Vinyasa Yoga <i>Brynn Rybacek</i>	9:30-10:20 YS Barre Fit Cardio <i>Christina Sinclair</i>	9:30-10:15 TR◆ Precision Running® <i>Kimball Theoret</i>	10:15-11:00 MS Best Butt Ever Kristin Osbon
10:30-11:15 MS Definitions <i>Maria Hamilton</i>	9:30-10:30 YS Vinyasa Yoga <i>Brynn Rybacek</i>	9:30-10:30 YS True Barre <i>Shaylene Benson</i>	10:30-11:15 MS Best Butt Ever <i>Tamara Taylor</i>	10:30-11:15 YS Pilates <i>Emily Decinces</i>	10:00-11:00 MS EQX Barre Burn <i>Maria Hamilton</i>	11:00-12:00 YS Therapeutic Yoga Flow <i>Flora Camaj</i>
11:15-11:30 MS Ab Lab <i>Maria Hamilton</i>	10:30-11:15 MS Best Butt Ever Anthony Campbell	10:00-10:15 MS Best Abs Ever Kristin Osbon	12:00-12:50 MS Barre <i>Shaylene Benson</i>	12:00-12:45 MS Inner Athlete <i>Tracy Bauer</i>	10:30-11:30 YS Vinyasa Yoga <i>Joey O'Mara</i>	4:30-5:45 YS Power Yoga <i>Luciana Freire</i>
12:00-12:45 MS Tabata <i>Tracy Bauer</i>	12:00-12:50 MS Barre <i>Shaylene Benson</i>	10:30-11:15 MS Upper Body Conditioning <i>Maria Hamilton</i>	12:15-1:00 TR◆ Tread and Shred <i>Jason Hardy</i>	12:15-1:00 PD◆ EQX H2O: Endurance <i>Lexie Kelly</i>		
12:15-1:00 CS◆ The Pursuit: Burn Kristin Granillo	12:15-1:00 TR◆ Tread and Shred <i>Wes Pedersen</i>	11:15-11:30 MS Ab Lab <i>Maria Hamilton</i>	12:30-1:30 YS Hot Vinyasa Yoga <i>Jana Lewison</i>	12:30-1:30 YS Yoga Core <i>Wende Lichon</i>		
12:30-1:45 YS Hot Vinyasa Yoga <i>Tim Senesi</i>	12:30-1:30 YS Power Yoga <i>Jana Lewison</i>	12:00-12:45 MS◆ PURE STRENGTH <i>Webb Travis</i>	5:30-6:15 CS◆ The Pursuit: Build Jason Hardy	5:30-6:00 MS◆ THE CUT: Jump Rope <i>Marisa Gonzalez</i>		
5:30-6:20 CS◆ Studio Cycling <i>Jennifer Christensen</i>	4:30-5:20 YS True Barre <i>Wende Lichon</i>	12:15-1:00 CS◆ Performance Cycling <i>Christina Ratusznik</i>	5:30-6:00 MS◆ Firestarter <i>Kristin Osbon</i>	5:30-6:30 YS Power Yoga <i>Luciana Freire</i>		
5:30-6:20 MS Inner Athlete <i>Tracy Bauer</i>	5:30-6:15 CS◆ Performance Cycling <i>Christina Ratusznik</i>	12:30-1:30 YS Vinyasa Yoga <i>Wende Lichon</i>	5:30-6:25 YS Vinyasa Yoga <i>Wende Lichon</i>	6:05-6:35 MS THE CUT <i>Marisa Gonzalez</i>		
5:30-6:20 YS True Barre <i>Tamara Taylor</i>	5:30-6:15 MS Tabata <i>Kristin Osbon</i>	5:30-6:20 CS◆ Studio Cycling <i>Rachel Neal</i>	6:00-6:15 MS Best Arms Ever <i>Kristin Osbon</i>			
6:30-7:15 MS Best Butt Ever <i>Tamara Taylor</i>	5:30-6:15 TR◆ Tread and Shred <i>Jason Hardy</i>	5:30-6:15 MS Ropes and Rowers Anthony Campbell	6:30-7:15 MS STRONG <i>Jason Hardy</i>			
6:30-7:30 YS Vinyasa Yoga <i>Luciana Freire</i>	5:30-6:25 YS Vinyasa Yoga <i>Wende Lichon</i>	5:30-6:15 MS Best Butt Ever Anthony Campbell	6:30-7:30 YS Power Yoga <i>Franciska E. Bray-Mezey</i>			
7:15-7:30 MS Best Arms Ever <i>Tamara Taylor</i>	6:30-7:15 MS Body Challenge <i>Jason Hardy</i>	5:30-6:25 YS True Barre <i>Marley Crouch</i>				
	6:30-7:20 YS True Barre <i>Kristin Osbon</i>	6:30-7:15 MS Best Butt Ever Anthony Campbell				
		6:30-7:30 YS Therapeutic Yoga Flow <i>Flora Camaj</i>				
		7:15-7:30 MS Best Arms Ever Anthony Campbell				

EQUINOX

NEWPORT BEACH

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MON - THU: 5:00AM - 10:00PM

FRI: 5:00AM - 9:00PM

SAT & SUN: 7:00AM - 7:00PM

GROUP FITNESS MANAGER KRISTIN GRANILLO

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

PD	Pool Deck
OL	Offsite Location
YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH
15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

🚴 STUDIO CYCLING

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

THE PURSUIT: BUILD Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

🏃 RUNNING

EQUINOX RUN CLUB Whether you're a marathoner, running purist or occasional enthusiast, our outdoor Run Club will inspire more from your run. Improve your stride, cardiovascular endurance, and deliver the physical and inner strength necessary to achieve results. Created by Wes Pedersen for Equinox.

PRECISION RUNNING You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

🧘 YOGA

HOT VINAYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

THERAPEUTIC YOGA FLOW Merging classical yoga, asanas (poses), and meditation with modern principles of alignment and biomechanics, this class will therapeutically harmonize your body, heart and soul. Open to all levels of practitioners from beginners to advanced.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

YOGA CORE Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

🏋️ ATHLETIC TRAINING

FIRESTARTER Prepare for the next generation

of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

FULL THROTTLE Sport and agility drills are combined with athletic strength training exercises for a dynamic, calorie burning, total body workout.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

🩰 BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

BARRE FIT CARDIO Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

🏃 CONDITIONING

4X4 Rev up your engine & go for the long haul. This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BAREFOOT BODY CONDITIONING High intensity, mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY CHALLENGE High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques. Be ready to take your body to the next level.

DEFINITIONS An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

FIRE UP! (SCULPT) This F.I.R.E'd up sculpt class blends high-intensity cardio intervals with functional strength and conditioning exercises. Fierce Interval Resistance Exercise improves cardiovascular fitness, burns calories and develops lean muscle mass to help you look better, move smoother and feel great!

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

STRONG Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

ULTIMATE WORKOUT The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

UPPER BODY CONDITIONING In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

🧘 PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

🥊 BOXING & MARTIAL ARTS

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Meet your need for speed as you fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.