

Bold New Class, Instructor, or Time

◆ Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS ◆ Stacked! <i>Tim Flores</i>	6:30-7:15 MS ◆ METCON3 <i>Peyton Royal</i>	6:45-7:30 MS ◆ Best Butt Ever + Best Abs Ever <i>Cindya Davis</i>	6:30-7:15 MS ◆ Tabata Max <i>Tim Flores</i>	6:45-7:30 MS ◆ METCON3 <i>Ilanthe Mellors</i>	8:30-9:20 TR ◆ Precision Run® <i>Lauren Anthony</i>	9:00-9:45 MS ◆ Cardio Kickboxing <i>Jemaine Bailey</i>
7:00-7:45 CS ◆ Cycle Beats <i>Christopher Infantino</i>	7:00-7:45 CS ◆ Cycle Beats <i>Ariella Laden</i>	7:00-7:45 CS ◆ Cycle Power <i>Chayanne Joel</i>	7:00-7:45 CS ◆ Cycle Beats <i>Ney Melo</i>	7:00-7:45 CS ◆ Cycle Power <i>Andreea Bodnari</i>	8:45-9:30 YS ◆ Pilates Mat <i>Cindya Davis</i>	9:30-10:20 CS ◆ The Pursuit: Bum <i>Alex Kerber</i>
7:15-8:15 YS ◆ Vinyasa Yoga <i>Erin Stemstein</i>	7:15-8:00 YS ◆ True Barre <i>Elgin McCargo</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Colleen Breeckner</i>	7:15-8:00 YS ◆ Pilates Mat <i>Kaitlyn Schuetz</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Lizzie Falkner</i>	9:15-10:00 MS ◆ STRONG <i>Sean O'Donnell</i>	10:15-11:00 YS ◆ True Barre <i>Kyla Lloyd</i>
7:30-8:20 TR ◆ Precision Run® <i>Bryce Wood</i>	7:30-8:20 TR ◆ Precision Run® <i>Flaminia Fanale</i>	7:30-8:20 TR ◆ Precision Run® <i>Bryce Wood</i>	8:00-8:45 MS ◆ Best Butt Ever + Best Abs Ever <i>Tim Flores</i>	8:30-9:15 MS ◆ THE CUT <i>Tracey G</i>	9:30-10:20 CS ◆ The Pursuit: Build <i>David Donofrio</i>	10:30-11:15 MS ◆ METCON3 <i>Peyton Royal</i>
8:00-8:45 MS ◆ Ropes and Rowers <i>Tim Flores</i>	8:00-8:45 MS ◆ Firestarter + Best Abs Ever <i>Yenny Barona</i>	8:00-8:45 MS ◆ METCON3 <i>Chayanne Joel</i>	8:15-9:05 TR ◆ Precision Run® <i>Ashton Antoine</i>	9:00-9:45 YS ◆ Barre <i>JP Maddock</i>	10:15-11:15 YS ◆ Ashtanga Yoga <i>Megna Paula</i>	11:00-11:45 CS ◆ Cycle Beats <i>Christopher Infantino</i>
9:00-9:45 YS ◆ Pilates Fusion <i>Elgin McCargo</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Jacob Reynolds</i>	8:30-9:15 CS ◆ Cycle Beats <i>Tracey G</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Erin Stemstein</i>	12:30-1:30 YS ◆ Athletic Yoga <i>Madeline Hickman</i>	10:30-11:15 MS ◆ Best Butt Ever + Best Abs Ever <i>Sean O'Donnell</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Patrick Millard</i>
10:45-11:45 YS ◆ Yoga Strong <i>Dee Holliday</i>	10:45-11:30 YS ◆ Pilates Mat <i>Will Taylor</i>	9:00-9:45 YS ◆ True Barre <i>Kyla Lloyd</i>	10:45-11:30 YS ◆ Barre <i>JP Maddock</i>	3:45-4:30 MS ◆ Cardio Sculpt <i>Elgin McCargo</i>	11:00-11:45 CS ◆ Cycle Power <i>Andreea Bodnari</i>	1:30-2:15 YS ◆ Pilates Fusion <i>Lillian Walton-Masters</i>
12:30-1:15 YS ◆ True Barre <i>Elgin McCargo</i>	12:30-1:15 MS ◆ Master of One <i>Justin Goldman</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Lizzie Falkner</i>	12:30-1:15 MS ◆ METCON3 <i>Mary O</i>	4:15-5:15 YS ◆ Regeneration Yoga <i>Kevin Bigger</i>	11:45-12:45 YS ◆ Athletic Yoga <i>Dee Holliday</i>	2:45-3:45 YS ◆ Yoga Strong <i>Megna Paula</i>
5:00-6:15 YS ◆ Vinyasa Yoga + Meditation <i>Lizzie Falkner</i>	1:15-2:15 YS ◆ Regeneration Yoga <i>Kevin Bigger</i>	12:30-1:15 MS ◆ Tabata Max <i>Bransen Gates</i>	1:15-2:15 YS ◆ Vinyasa Yoga <i>Kristin Bilella</i>	5:15-6:00 MS ◆ Best Butt Ever + Best Abs Ever <i>Sean O'Donnell</i>	12:00-12:45 MS ◆ METCON3 <i>Tim Flores</i>	4:00-4:45 MS ◆ STRONG <i>Shaun Anthony</i>
5:15-6:00 MS ◆ Firestarter + Best Abs Ever <i>David Robert</i>	4:00-4:45 MS ◆ Cardio Dance <i>Anastasiia Gavriukhova</i>	5:00-5:45 YS ◆ Pilates Mat <i>Itsy Rachatasumrit</i>	4:45-5:45 YS ◆ Ashtanga Yoga <i>Megna Paula</i>	5:45-6:45 YS ◆ Vinyasa Yoga <i>Erin Stemstein</i>	1:15-1:45 YS ◆ Meditation <i>Dee Holliday</i>	4:15-5:15 YS ◆ Regeneration Yoga <i>Brent LaFlam</i>
5:45-6:35 TR ◆ Precision Run® <i>Bryce Wood</i>	4:45-5:45 YS ◆ Vinyasa Yoga <i>Tiffany Chandler</i>	5:15-6:00 MS ◆ METCON3 <i>Mary O</i>	5:15-6:00 MS ◆ STRONG <i>David Robert</i>	6:00-6:45 CS ◆ Cycle Beats <i>Andres Quintero</i>	1:30-2:15 MS ◆ Cardio Sculpt <i>Elgin McCargo</i>	
6:30-7:15 MS ◆ METCON3 <i>Peyton Royal</i>	5:15-6:00 MS ◆ Ropes and Rowers <i>Tim Flores</i>	5:45-6:35 TR ◆ Precision Run® <i>Ariella Laden</i>	6:00-6:50 CS ◆ THE Pursuit: Build <i>Nikki Bucks</i>	6:30-7:15 MS ◆ Tabata Max <i>Chris Yeoh</i>	2:15-3:00 YS ◆ Barre <i>Betsy Mallonee</i>	
6:45-7:45 YS ◆ Athletic Yoga <i>Lizzie Falkner</i>	6:00-6:45 CS ◆ Cycle Beats <i>Sage Parker</i>	6:00-6:45 CS ◆ Cycle Power <i>David Donofrio</i>	6:15-7:00 YS ◆ Pilates Fusion <i>Betsy Mallonee</i>		3:15-4:00 MS ◆ Cardio Dance <i>Anastasiia Gavriukhova</i>	
7:30-8:15 CS ◆ Cycle Beats <i>Elgin McCargo</i>	6:15-7:00 YS ◆ Barre <i>Betsy Mallonee</i>	6:15-7:30 YS ◆ Athletic Yoga <i>Serena Tom</i>	6:30-7:15 MS ◆ Whipped! <i>David Robert</i>		4:30-5:15 MS ◆ METCON3 <i>Chris Yeoh</i>	
7:45-8:30 MS ◆ Best Butt Ever + Best Abs Ever <i>Sean O'Donnell</i>	6:30-7:15 MS ◆ Stacked! <i>Tim Flores</i>	6:30-7:15 MS ◆ THE CUT <i>Mary O</i>	7:30-8:45 YS ◆ Vinyasa Yoga + Meditation <i>Tiffany Chandler</i>			
8:00-8:45 YS ◆ Pilates Mat <i>Jill Weinstein</i>	7:30-8:30 YS ◆ Regeneration Yoga <i>Patrick Millard</i>	7:30-8:20 CS ◆ The Pursuit: Bum <i>David Donofrio</i>				
	7:45-8:30 MS ◆ Cardio Kickboxing <i>Jemaine Bailey</i>	7:45-8:30 MS ◆ Master of One <i>Justin Goldman</i>				
		8:00-9:00 YS ◆ Vinyasa Yoga <i>Serena Tom</i>				

EQUINOX

WILLIAMSBURG

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MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 8:00PM

SAT - SUN: 8:00AM - 6:00PM

GROUP FITNESS MANAGER

betsymallonee@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

CS	Cycling Studio
YS	Yoga Studio
MS	Main Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS 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.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

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.

YOGA

ASHTANGA YOGA Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

ATHLETIC YOGA 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.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

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.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. 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.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

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.

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.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

BOXING AND KICKBOXING

CARDIO KICKBOXING An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

STRETCH AND RECOVERY

MEDITATION Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

SCULPT

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.