

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS◆ PURE STRENGTH <i>Patti McCullum</i>	5:30-6:20 CS◆ Studio Cycling <i>Susie Arellano-Reed</i>	5:45-6:30 MS◆ PURE STRENGTH <i>Susie Arellano-Reed</i>	5:30-6:20 CS◆ The Pursuit: Burn <i>Susie Arellano-Reed</i>	6:00-6:45 MS◆ Whipped! <i>Tonya Dugger</i>	8:15-9:05 CS◆ ANTHEM™ <i>Tim Chang</i>	8:30-9:20 CS◆ Studio Cycling <i>BJ Olson</i>	6:00-7:00 YS Get Up & Flow! <i>Jenny Geyser</i>	6:00-7:30 PD◆ Group Triathlon Training - PAID <i>Dana Staggs</i>	6:00-7:30 PD◆ Group Triathlon Training - PAID <i>Dana Staggs</i>	6:00-7:00 YS Get Up & Flow! <i>Amy B</i>	8:30-9:20 TR◆ Precision Running@ <i>Marisa Gonzalez</i>	9:15-10:45 YS◆ Vinyasa Yoga <i>Robert Aсталos</i>	9:30-10:20 CS◆ Studio Cycling <i>Susie Arellano-Reed</i>
6:00-7:00 YS Get Up & Flow! <i>Jenny Geyser</i>	6:30-7:15 MS THE CUT <i>Marisa Gonzalez</i>	6:00-7:00 PD◆ Group Triathlon Training - PAID <i>Dana Staggs</i>	6:30-7:20 MS METCON3 <i>Marisa Gonzalez</i>	6:45-7:30 CS◆ Studio Cycling <i>Kathy Habert</i>	6:30-7:20 TR◆ Precision Running@ <i>Dana Staggs</i>	9:30-10:20 CS◆ Studio Cycling <i>Gaia Scott-Crouch</i>	6:30-7:20 TR◆ Precision Running@ <i>Dana Staggs</i>	6:45-7:30 CS◆ Studio Cycling <i>Gaia Scott-Crouch</i>	6:45-7:30 CS◆ Studio Cycling <i>Gaia Scott-Crouch</i>	6:45-7:30 CS◆ Studio Cycling <i>Gaia Scott-Crouch</i>	9:30-10:20 MS The Pursuit: Build <i>Brody Hessin</i>	9:30-10:20 MS Barre <i>Lia Montelongo</i>	9:30-10:20 CS◆ Studio Cycling <i>Susie Arellano-Reed</i>
9:00-10:00 MS EQX Barre Burn <i>Jenny Geyser</i>	6:30-7:20 TR◆ Precision Running@ <i>Dana Staggs</i>	6:00-7:00 YS Yoga Core <i>Kaci Bacher</i>	6:30-7:20 TR◆ Precision Running@ <i>Dana Staggs</i>	9:00-10:00 MS The Pursuit: Burn <i>BJ Olson</i>	6:30-7:20 CS◆ Studio Cycling <i>Remy Kam</i>	9:30-10:45 YS Yoga Flow <i>Robert Aсталos</i>	9:00-10:00 MS EQX Barre Burn <i>Aubre Winters</i>	9:15-10:05 CS◆ Studio Cycling <i>BJ Olson</i>	9:15-10:05 CS◆ Studio Cycling <i>BJ Olson</i>	9:30-10:15 YS Yoga Flow <i>Robert Aсталos</i>	9:30-10:20 MS METCON3 <i>U. B. Sanchez</i>	9:30-10:15 TR◆ Precision Running@ <i>BJ Olson</i>	9:30-10:20 CS◆ Studio Cycling <i>Susie Arellano-Reed</i>
9:30-10:45 YS Yoga Flow <i>Robert Aсталos</i>	7:30-8:00 MS◆ THE CUT: Jump Rope <i>Marisa Gonzalez</i>	6:30-7:20 CS◆ Studio Cycling <i>Remy Kam</i>	9:00-10:00 MS EQX Barre Burn <i>Aubre Winters</i>	10:15-11:00 MS Tabata <i>Sarah Beck</i>	9:00-10:00 MS Cardio Sculpt <i>Skip Jennings</i>	10:15-11:00 CS◆ Studio Cycling <i>Gaia Scott-Crouch</i>	9:30-10:45 YS THE MUSE™ <i>Aubre Winters</i>	9:30-10:15 MS METCON3 <i>Sarah Beck</i>	9:30-10:15 MS METCON3 <i>Sarah Beck</i>	10:30-11:30 BR◆ Real Deal Boxing <i>U. B. Sanchez</i>	10:30-11:30 MS Yoga Flow <i>Skip Jennings</i>	10:30-11:30 MS Inner Athlete <i>Susie Arellano-Reed</i>	10:30-11:00 MS◆ Firestarter <i>Susie Arellano-Reed</i>
12:00-1:00 YS Power Yoga <i>Amy B</i>	9:30-10:45 YS Yoga Flow <i>Laura Anderson</i>	10:30-11:20 CS◆ ANTHEM™ <i>Skip Jennings</i>	10:30-11:20 MS◆ THE CUT: Jump Rope <i>Renee Max</i>	4:30-5:00 MS◆ THE CUT: Jump Rope <i>Greg Cohen</i>	12:00-1:00 YS Power Yoga <i>Amy B</i>	12:00-1:00 YS Power Yoga <i>Amy B</i>	12:00-1:00 YS Power Yoga <i>Amy B</i>	10:30-11:15 MS Best Butt Ever <i>Lia Montelongo</i>	10:30-11:15 MS Best Butt Ever <i>Lia Montelongo</i>	11:00-12:15 YS Vinyasa Yoga <i>Nathania Stambouli</i>	11:00-12:15 YS Vinyasa Yoga <i>Nathania Stambouli</i>	11:15-12:30 YS Kundalini Yoga <i>Pete Lee</i>	11:15-12:30 YS Kundalini Yoga <i>Pete Lee</i>
4:30-5:00 MS◆ THE CUT: Jump Rope <i>Greg Cohen</i>	12:00-12:50 CS◆ The Pursuit: Burn <i>Gaia Scott-Crouch</i>	12:00-1:00 YS Power Yoga <i>Amy B</i>	11:00-11:20 MS Ab Lab <i>Renee Max</i>	5:00-5:20 MS Ab Lab <i>Greg Cohen</i>	12:45-1:45 YS Pilates <i>Dani Yousefivand</i>	12:45-1:45 YS Pilates <i>Dani Yousefivand</i>	12:00-12:45 CS◆ Studio Cycling <i>Tahneetra Crosby</i>	12:00-1:00 YS Power Yoga <i>Skip Jennings</i>	12:00-1:00 YS Power Yoga <i>Skip Jennings</i>	11:00-12:15 YS Vinyasa Yoga <i>Nathania Stambouli</i>	11:00-12:15 YS Vinyasa Yoga <i>Nathania Stambouli</i>	11:15-12:30 YS Kundalini Yoga <i>Pete Lee</i>	11:15-12:30 YS Kundalini Yoga <i>Pete Lee</i>
5:00-5:20 MS Ab Lab <i>Greg Cohen</i>	4:30-5:20 MS◆ Ropes and Rowers <i>Renee Max</i>	12:30-1:30 MS◆ Whipped! <i>Kenny Johnson</i>	11:00-11:20 MS Ab Lab <i>Renee Max</i>	5:30-6:20 MS METCON3 <i>Skip Jennings</i>	12:45-1:45 YS Pilates <i>Dani Yousefivand</i>	4:30-5:20 MS◆ Ropes and Rowers <i>Renee Max</i>	12:45-1:45 YS Pilates <i>Dani Yousefivand</i>	12:00-12:45 CS◆ Studio Cycling <i>Tahneetra Crosby</i>	12:00-12:45 CS◆ Studio Cycling <i>Tahneetra Crosby</i>	5:45-7:00 YS Vinyasa Yoga <i>Dylan Drew</i>	5:45-7:00 YS Vinyasa Yoga <i>Dylan Drew</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>
5:30-6:20 MS METCON3 <i>Skip Jennings</i>	5:30-6:20 MS Barre <i>Aubre Winters</i>	4:30-5:20 YS Pilates Fusion <i>Kaci Bacher</i>	12:45-1:45 YS Pilates <i>Dani Yousefivand</i>	5:45-7:00 YS Vinyasa Yoga <i>Adji</i>	4:30-5:20 MS◆ Ropes and Rowers <i>Renee Max</i>	5:30-6:20 MS Barre <i>Aubre Winters</i>	5:00-5:30 MS◆ Firestarter <i>Tonya Dugger</i>	12:45-1:45 YS Pilates <i>Dani Yousefivand</i>	5:45-7:00 YS Vinyasa Yoga <i>Adji</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>
5:45-7:00 YS Vinyasa Yoga <i>Adji</i>	5:45-6:35 TR◆ Precision Running@ <i>Skip Jennings</i>	5:00-5:30 MS◆ Firestarter <i>Tonya Dugger</i>	4:30-5:20 MS METCON3 <i>Renee Max</i>	6:30-7:20 CS◆ Studio Cycling <i>Kathy Habert</i>	5:45-7:00 YS Vinyasa Yoga <i>Nathania Stambouli</i>	5:45-6:35 TR◆ Precision Running@ <i>Skip Jennings</i>	5:35-6:20 MS THE CUT <i>Tonya Dugger</i>	4:30-5:20 MS METCON3 <i>Renee Max</i>	5:45-7:00 YS Vinyasa Yoga <i>Adji</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>
6:30-7:20 CS◆ ANTHEM™ <i>Skip Jennings</i>	5:45-7:00 YS Vinyasa Yoga <i>Nathania Stambouli</i>	5:45-7:00 YS Yoga Sculpt <i>Jessica Paquette</i>	5:30-6:20 MS 4X4 <i>U. B. Sanchez</i>	6:30-7:20 MS Barre Fit Cardio <i>Alexa Stabile</i>	6:30-7:20 CS◆ Studio Cycling <i>Patti McCullum</i>	6:30-7:20 CS◆ Studio Cycling <i>Kathy Habert</i>	5:45-7:00 YS Yoga Sculpt <i>Jessica Paquette</i>	5:30-6:20 MS 4X4 <i>U. B. Sanchez</i>	6:30-7:20 MS Barre Fit Cardio <i>Alexa Stabile</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>
6:30-7:20 MS EQX H2O: Speed <i>Dana Staggs</i>	6:30-7:20 CS◆ Studio Cycling <i>Patti McCullum</i>	6:30-7:20 CS◆ The Pursuit: Build <i>Orlando Deral</i>	5:45-6:35 TR◆ Precision Running@ <i>Kaci Bacher</i>	6:30-7:30 PD Barre <i>Alexa Stabile</i>	6:30-7:20 MS◆ Tabata <i>Jasmine Danielle</i>	6:30-7:20 MS◆ Tabata <i>Jasmine Danielle</i>	6:30-7:20 MS◆ Tabata <i>Jasmine Danielle</i>	5:45-6:35 TR◆ Precision Running@ <i>Kaci Bacher</i>	6:30-7:30 PD Barre <i>Alexa Stabile</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>
7:15-8:30 YS Power Yoga <i>Dylan Drew</i>	6:30-7:20 MS Tabata <i>Jasmine Danielle</i>	6:30-7:20 MS◆ The Pursuit: Build <i>Orlando Deral</i>	5:45-7:00 YS Vinyasa Yoga <i>Laura Anderson</i>	7:30-8:15 MS Body Challenge <i>Claudine Cooper</i>	7:15-8:30 YS Vinyasa Yoga <i>Jessica Paquette</i>	7:15-8:30 YS Vinyasa Yoga <i>Jessica Paquette</i>	6:30-7:30 PD Barre <i>Alexa Stabile</i>	5:45-7:00 YS Vinyasa Yoga <i>Laura Anderson</i>	7:30-8:15 MS Body Challenge <i>Claudine Cooper</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>
7:30-8:15 MS Body Challenge <i>Claudine Cooper</i>	7:15-8:30 YS Vinyasa Yoga <i>Jessica Paquette</i>	6:45-7:30 TR◆ Precision Running@ <i>Dana Staggs</i>	6:30-7:20 YS THE MUSE™ <i>Jasmine Danielle</i>	8:15-8:30 MS Ab Lab <i>Claudine Cooper</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	6:30-7:30 PD Barre <i>Alexa Stabile</i>	6:30-7:20 YS THE MUSE™ <i>Jasmine Danielle</i>	8:15-8:30 MS Ab Lab <i>Claudine Cooper</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>
8:15-8:30 MS Ab Lab <i>Claudine Cooper</i>	7:30-8:30 MS Zumba@ <i>Vicky Efstathiou</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Christopher Barbour</i>	6:30-7:30 PD Barre <i>Alexa Stabile</i>		7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	6:30-7:30 PD Barre <i>Alexa Stabile</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>		7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	7:30-8:30 BR◆ Real Deal Boxing <i>Adam Croom</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>

SOUTH BAY

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MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 9:00PM
SAT - SUN: 7:00AM - 7:00PM

GROUP FITNESS MANAGER
SKIP JENNINGS
skip.jennings@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

MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio
PD	Pool Deck
TR	Treadmill Area
BR	Boxing Studio

WHAT'S NEW THIS MONTH
Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

🚲 CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

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

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.

🧘 YOGA

GET UP & FLOW! An invigorating series of yoga postures tailored to your morning body. Vinyasas uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

KUNDALINI YOGA Through an integrated and authentic system of exercise, breath control, and meditation. This style of yoga promotes health, stimulates the mind's potential, and touches one's innermost being by awakening the Kundalini, the energy which is found at the base of the spine.

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.

RESTORATIVE YOGA & MEDITATION Restore the body and renew the spirit as you quiet the mind with this soothing, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props help to ease the body into poses that are held for longer periods of time.

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.

YOGA FLOW A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

🏋️ ATHLETIC TRAINING

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 Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

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.

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.

GROUP TRIATHLON TRAINING - PAID Triathletes of all abilities train with triathlon-specific workouts designed to improve technique, speed and endurance. Ideal preparation for your next triathlon. New 10 week session each quarter. Swim test required.

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.

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.

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.

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!

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!

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

👯 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.

🏃 LONG + LEAN

CARDIO SCULPT Build strength and endurance

all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

YOGA SCULPT A fusion of yoga, sculpting and core work, this Vinyasa class uses weights, bands and balls to lengthen and strengthen your body. Get ready to sculpt your physique, improve posture and boost your metabolism.

🧘 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 FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

🕺 DANCE

CARDIO DANCE FUSION A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

CARDIO HIP HOP FUNK This hip hop class will get you ready for the dance floor while adding a little funk to your cardio routine...you won't even think you're working out! Challenging and welcoming to all levels.

ZUMBA® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

🥊 BOXING + MARTIAL ARTS

REAL DEAL BOXING Train like a boxer with a real boxer. A technique-oriented boxing class that also focuses on self-defense. Using real boxing equipment that may include heavy bags, speed bags, hand wraps and boxing gloves, you'll be on the same training path as a professional boxer, enhancing strength, focus, speed and agility.

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. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.