

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 TR ◆	Precision Running® <i>Stephanie Czajkowski</i>	6:30-7:20 MS ◆	Whipped! <i>Philippe Bowgen</i>	6:00-6:45 TR ◆	Precision Running® <i>Stephanie Czajkowski</i>	6:30-7:20 MS ◆	Ropes and Rowers <i>Collin Sam</i>	6:00-6:45 TR ◆	Precision Running® <i>Jenia Koroleva</i>	9:00-9:50 CS ◆	Studio Cycling <i>Eric Orner</i>	10:00-10:45 MS ◆	THE MUSE™ <i>Monica Davis</i>
6:30-7:20 CS ◆	Rhythm Revolution <i>Stephanie Ho</i>	6:30-7:30 YS	Power Yoga <i>Katherine Bradshaw</i>	6:30-7:20 CS ◆	Rhythm Revolution <i>Amy Lim</i>	6:30-7:30 YS	Power Yoga <i>Katherine Bradshaw</i>	6:30-7:20 CS ◆	Rhythm Revolution <i>Amy Lim</i>	9:30-10:00 MS ◆	THE CUT: Jump Rope <i>Fiona Hwang</i>	10:30-11:20 CS ◆	Rhythm Revolution <i>Stephanie Ho</i>
7:00-7:50 MS	Body Challenge <i>Stephanie Czajkowski</i>	7:00-7:45 CS ◆	Studio Cycling <i>Frank Marino</i>	7:00-7:45 MS ◆	PURE STRENGTH <i>Stephanie Czajkowski</i>	7:00-7:45 CS ◆	Studio Cycling <i>Frank Marino</i>	7:00-7:45 MS ◆	<b>Best Butt Ever</b> <i>Samantha Jo Harvey</i>	9:30-10:15 TR ◆	Precision Running® <i>Heather McCallum</i>	11:00-11:50 MS ◆	METCON3 <i>Aaron Marcotte</i>
7:00-8:00 YS	Vinyasa Yoga <i>Rachel Jackson</i>	7:30-8:15 MS	Streamline Sculpt <i>Eric Orner</i>	7:00-8:00 YS	Ashtanga Yoga <i>J.D. Wolfe</i>	7:30-8:15 MS	THE CUT <i>Eric Orner</i>	7:00-8:00 YS	Vinyasa Yoga <i>Rachel Jackson</i>	10:00-11:15 YS	Dynamic Vinyasa Yoga <i>Layla Guest</i>	11:00-12:15 YS	Burn Bliss Yoga <i>Teo Chapelier</i>
12:15-1:00 CS ◆	Rhythm Revolution <i>Mandee Miller</i>	12:00-12:45 YS	Pilates Power <i>Emily Rupp</i>	12:15-1:00 CS ◆	Studio Cycling <i>Eric Orner</i>	12:00-12:45 YS	Pilates Power <i>Susannah Hall</i>	7:45-8:00 MS	<b>Ab Lab</b> <i>Samantha Jo Harvey</i>	10:15-11:00 MS	4X4 <i>Fiona Hwang</i>	4:00-5:15 YS	Restorative Yoga <i>Jose Alvarado</i>
12:30-1:20 MS	METCON3 <i>Monica Davis</i>	12:30-1:15 TR ◆	Precision Running® <i>Devin Swanson</i>	12:30-1:20 MS	Barre Bootcamp <i>Ayanna Contreras</i>	12:30-1:15 TR ◆	Precision Running® <i>Mandee Miller</i>	12:15-1:00 CS ◆	Studio Cycling <i>Tracy Washburn Bradley</i>	11:00-11:15 MS	Ab Lab <i>Fiona Hwang</i>		
12:30-1:30 YS	Vinyasa Yoga <i>Chris Reed</i>	12:45-12:55 YS	RX Series® <i>Emily Rupp</i>	12:30-1:30 YS	Infinity Flow <i>Luna Pierson</i>	12:45-12:55 YS	RX Series® <i>Susannah Hall</i>	12:30-1:15 MS	Best Butt Ever <i>Mandee Miller</i>	11:15-11:25 YS	RX Series® <i>Layla Guest</i>		
1:30-2:15 MS	Barre Bootcamp <i>Layla Guest</i>	1:00-1:45 MS	Body Challenge <i>Robbie Darby</i>	1:30-2:15 MS	THE CUT <i>Eric Orner</i>	1:00-1:45 MS	Kettlebell Power <i>Eric Orner</i>	12:30-1:30 YS	Dynamic Vinyasa Yoga <i>Layla Guest</i>	11:30-12:20 MS	Barre Bootcamp <i>Layla Guest</i>		
5:00-5:30 MS ◆	THE CUT: Jump Rope <i>Philippe Bowgen</i>	1:00-2:00 YS	Ashtanga Yoga <i>J.D. Wolfe</i>	4:30-5:15 MS ◆	PURE STRENGTH <i>U. B. Sanchez</i>	1:00-2:00 YS	Power Yoga <i>Chris Reed</i>	1:15-1:30 MS	Ab Lab <i>Mandee Miller</i>	1:30-2:00 YS	RX Series® <i>Layla Guest</i>		
5:30-6:45 YS	Vinyasa Yoga <i>Hannah Skye</i>	5:15-5:30 MS	Ab Lab <i>U. B. Sanchez</i>	5:30-6:15 MS ◆	THE MUSE™ <i>Monica Davis</i>	5:15-5:30 MS	Ab Lab <i>Arielle Miller-Cohen</i>	5:00-6:15 YS	Dynamic Vinyasa Yoga <i>Leah Kercheville</i>	5:15-6:05 MS	<b>Barre Fit Cardio</b> <i>Pia Kamonsit</i>		
5:45-6:35 CS ◆	Studio Cycling <i>Sami Dorman</i>	5:30-6:15 CS ◆	Studio Cycling <i>Arielle Miller-Cohen</i>	5:30-6:45 YS	Vinyasa Yoga <i>Chris Reed</i>	5:30-6:15 CS ◆	Studio Cycling <i>Johnny Debut</i>	5:45-6:35 CS ◆	Rhythm Revolution <i>Sammi Nguyen</i>	6:15-7:00 MS	4X4 <i>U. B. Sanchez</i>		
5:45-6:30 MS ◆	METCON3 <i>Philippe Bowgen</i>	5:30-6:15 MS	Tabata <i>U. B. Sanchez</i>	5:45-6:35 CS ◆	<b>Studio Cycling</b> <i>Samantha Jo Harvey</i>	5:30-6:15 MS ◆	Sweat <i>Arielle Miller-Cohen</i>						
6:45-7:30 CS ◆	Rhythm Revolution <i>Annelisa Moody</i>	5:30-6:20 YS	Barre Bootcamp <i>Layla Guest</i>	6:15-6:30 MS	Ab Lab <i>Monica Davis</i>	5:30-6:20 YS	Barre <i>Amy McGuire</i>						
6:45-7:30 MS	Kettlebell/ViPR Combo <i>Sami Dorman</i>	6:30-7:30 CS ◆	Rhythm Revolution <i>Carmine Sabatella</i>	6:45-7:30 MS ◆	<b>Stacked!</b> <i>Samantha Jo Harvey</i>	6:30-7:20 MS ◆	Circuit Challenge <i>Amy McGuire</i>						
7:00-7:45 TR ◆	Precision Running® <i>Jenia Koroleva</i>	6:30-7:15 MS ◆	PURE STRENGTH <i>Arielle Miller-Cohen</i>	7:00-7:45 TR ◆	Precision Running® <i>Jenia Koroleva</i>	6:45-8:00 YS	Vinyasa Yoga <i>Teo Chapelier</i>						
7:00-8:00 YS	Infinity Flow <i>Molly O'Neill</i>	6:30-7:45 YS	Vinyasa Yoga <i>Layla Guest</i>	7:00-7:45 TR ◆	Precision Running® <i>Jenia Koroleva</i>	7:30-8:15 MS	METCON3 <i>Fiona Hwang</i>						
7:40-8:30 MS	Barre Bootcamp <i>Shawna Whitlock</i>	7:00-7:45 TR ◆	Precision Running® <i>Heather McCallum</i>	7:00-8:00 YS	Yin Yoga <i>Molly O'Neill</i>								
		7:30-8:15 MS	Best Butt Ever <i>Simone Berry</i>										
		8:00-9:00 YS	Power Yoga <i>Chris Reed</i>										

## DOWNTOWN LA

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**MON - THU:** 5:00AM - 10:00PM  
**FRI:** 5:00AM - 9:00PM  
**SAT - SUN:** 8:00AM - 6:00PM

**GROUP FITNESS MANAGER**  
LAYLA GUEST

layla.guest@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

TR	Treadmill Area
CS	Cycling Studio
MS	Main Studio
YS	Yoga 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

**RHYTHM REVOLUTION** From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

**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.

## 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

**ASHTANGA YOGA** Developed by K. Pattabhi Jois, a vigorous style of specific asanas (postures) is sequenced to emphasize breath, strength, flexibility & endurance.

**BURN BLISS YOGA** Feel the burn & find your bliss! Best described as yoga with a fitness 'edge', this fun, challenging, athletic flow will inspire you to move with joy & explore the limitless boundaries of your body & mind and leave you feeling burned up and blissed out! Come play!

**DYNAMIC VINYASA YOGA** Characterized by flowing sequences that are linked to the breath. Improves strength, flexibility and toning, decreases stress and enhances body awareness. A vigorous, more athletic approach to yoga techniques.

**INFINITY FLOW** Breathe, Spiral, Twist, Sweat. Infinity Flow opens, strengthens, & stretches into the body's deepest layers. This practice organically unwinds the tension of the body & mind, bringing you to a profound and powerful state of openness.

**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** Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

**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.

**YIN YOGA** A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga.

## 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** Improve your core strength, balance and posture. A focused workout with cutting edge 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.

**CIRCUIT CHALLENGE** A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

**KETTLEBELL POWER** Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

**KETTLEBELL/VIPR COMBO** Combine Kettlebells with ViPRs for a no-holds-barred equipment based class with high intensity interval training and progressive strength combinations. Double your results in this non-stop powerful 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.

**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!

**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.

**SWEAT** A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

**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 BOOTCAMP** Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

**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.

## LONG + LEAN

**STREAMLINE SCULPT** Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

**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.

## PILATES

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

## ACTIVE REGENERATION

**RX SERIES®** Here's the rub: Don't expect to achieve results without proper R&R. Designed by Jill Miller to explore the 3 "M"s – massage, mobilization and maximizing performance – and revitalize your body. Combine self-myofascial massage, range-of-motion stretches and breath strategy for higher performance.