

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 TR ◆ Precision Running@ <i>Arielle Miller-Cohen</i>	6:30-7:20 MS ◆ Whipped! <i>Phillipe Bowgen</i>	6:00-6:45 TR ◆ Precision Running@ <i>Stephanie Czajkowski</i>	6:30-7:15 MS METCON3 <i>Christopher Schram</i>	7:00-7:50 CS ◆ Rhythm Revolution <i>Amy Lim</i>	9:00-9:50 CS ◆ Studio Cycling <i>Eric Orner</i>	10:00-10:50 MS Barre Bootcamp <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>	7:00-7:45 MS ◆ Best Butt Ever <i>Phillipe Bowgen</i>	9:30-10:20 MS 4X4 <i>Kristen Klehr</i>	10:30-11:20 CS ◆ Rhythm Revolution <i>Stephanie Ho</i>
7:00-7:45 MS ◆ PURE STRENGTH <i>Stephanie Czajkowski</i>	7:00-7:45 CS ◆ Studio Cycling <i>Frank Marino</i>	7:00-7:50 MS Body Challenge <i>Stephanie Czajkowski</i>	7:00-7:45 CS ◆ Studio Cycling <i>Frank Marino</i>	7:00-8:00 YS Vinyasa Yoga <i>Rachel Jackson</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>	12:15-1:00 CS ◆ Studio Cycling <i>Frank Tavares</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 ◆ Studio Cycling <i>Greg Cohen</i>	12:00-12:45 YS Pilates Power <i>Layla Guest</i>	12:15-1:00 CS ◆ Studio Cycling <i>Eric Orner</i>	12:00-12:45 YS Pilates Power <i>Angel McLendon</i>	12:30-1:00 MS Best Butt Ever <i>Mandee Miller</i>	10:30-11:20 MS Barre Bootcamp <i>Jacqueline Rosenthal</i>	4:00-5:15 YS Restorative Yoga <i>Jose Alvarado</i>
12:30-1:20 MS METCON3 <i>Sam Palermo</i>	12:30-1:15 CS ◆ Rhythm Revolution <i>Mandee Miller</i>	12:30-1:20 MS Barre Bootcamp <i>Ayanna Contreras</i>	12:30-1:15 TR ◆ Precision Running@ <i>Mandee Miller</i>	12:30-1:30 YS Dynamic Vinyasa Yoga <i>Layla Guest</i>	11:15-11:30 YS RX Series@ <i>Layla Guest</i>	
12:30-1:30 YS Vinyasa Yoga <i>Chris Reed</i>	12:45-1:00 YS RX Series@ <i>Layla Guest</i>	12:30-1:30 YS Infinity Flow <i>Luna Pierson</i>	12:45-1:00 YS RX Series@ <i>Angel McLendon</i>	1:00-1:30 MS Best Abs Ever <i>Mandee Miller</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	
5:30-5:40 MS Ab Lab <i>Phillipe Bowgen</i>	1:00-1:45 MS Tabata <i>Greg Cohen</i>	1:30-2:15 MS THE CUT <i>Eric Orner</i>	1:00-1:45 MS Kettlebell Power <i>Eric Orner</i>	1:30-2:00 YS RX Series@ <i>Layla Guest</i>		
5:30-6:45 YS Vinyasa Yoga <i>Hannah Skye</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>	4:30-5:45 YS Vinyasa Yoga <i>Rebecca Halls</i>		
5:45-6:35 CS ◆ Studio Cycling <i>Sami Dorman</i>	5:15-5:30 MS Ab Lab <i>U. B. Sanchez</i>	5:30-6:00 MS ◆ Firestarter <i>Kristen Klehr</i>	5:15-5:30 MS Ab Lab <i>Sam Palermo</i>	5:15-6:05 MS Barre Fit Cardio <i>Kelly Bostdorff</i>		
5:45-6:30 MS ◆ METCON3 <i>Phillipe Bowgen</i>	5:30-6:15 CS ◆ Rhythm Revolution <i>Arielle Miller-Cohen</i>	5:30-6:45 YS Vinyasa Yoga <i>Layla Guest</i>	5:30-6:15 CS ◆ Studio Cycling <i>Johnny Debut</i>	5:45-6:35 CS ◆ Rhythm Revolution <i>Sammi Nguyen</i>		
6:45-7:30 CS ◆ Rhythm Revolution <i>Annelisa Moody</i>	5:30-6:15 MS Tabata <i>U. B. Sanchez</i>	5:45-6:35 CS ◆ Studio Cycling <i>Aaron Marcotte</i>	5:30-6:15 MS THE CUT <i>Sam Palermo</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>		
6:45-7:30 MS Kettlebell/ViPR Combo <i>Sami Dorman</i>	5:30-6:20 YS Barre Bootcamp <i>Layla Guest</i>	6:00-6:30 MS ◆ Best Butt Ever <i>Kristen Klehr</i>	5:30-6:20 YS Pilates Power <i>Susannah Hall</i>			
7:00-7:45 TR ◆ Precision Running@ <i>Kristen Klehr</i>	6:30-7:30 CS ◆ Rhythm Revolution <i>Carmine Sabatella</i>	6:45-7:30 MS ◆ Stacked! <i>Aaron Marcotte</i>	6:30-7:20 MS ◆ Ropes and Rowers <i>Sam Palermo</i>			
7:00-8:00 YS Infinity Flow <i>Molly O'Neill</i>	6:30-7:15 MS ◆ PURE STRENGTH <i>Arielle Miller-Cohen</i>	7:00-7:45 TR ◆ Precision Running@ <i>Sam Palermo</i>	6:45-8:00 YS Vinyasa Yoga <i>Angel McLendon</i>			
7:40-8:40 MS BODY TALK <i>Shawna Whitlock</i>	6:30-7:45 YS Vinyasa Yoga <i>Teo Chapelier</i>	7:00-8:00 YS Yin Yoga <i>Molly O'Neill</i>	7:30-8:15 MS ◆ Sweat <i>Arielle Miller-Cohen</i>			
	7:00-7:45 TR ◆ Precision Running@ <i>Heather McCallum</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

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

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

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.

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.

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 pyramid-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!

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock,

good music and all that you've got to give.

BARRE

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.

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.

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 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.

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.

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

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.

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.

DANCE

BODY TALK A non-stop movement experience. This dance class is fun and fast-paced without the difficult choreography to memorize. You'll move and sculpt your body in ways you never thought possible. Let go, move and let your body talk.

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.

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.