

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
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>	9:30-10:20 CS ◆	Beast n Feast Ride <i>Mandee Miller</i>	10:00-10:50 CS ◆	Studio Cycling <i>Tracy Washburn Bradley</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>	10:00-11:15 YS	Gratitude Yoga <i>Layla Guest</i>	11:00-11:50 MS	4X4 <i>Tracy Washburn Bradley</i>	9:30-10:20 MS	Whipped! <i>Amy McGuire</i>	10:30-11:20 CS ◆	Rhythm Revolution <i>Amy Lim (SUB)</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>	10:30-11:20 MS	Thanks and Planks <i>Mandee Miller</i>	12:30-1:30 YS	Dynamic Vinyasa Yoga <i>Chris Reed</i>	10:00-11:15 YS	Dynamic Vinyasa Yoga <i>Layla Guest</i>	11:00-11:50 MS ◆	METCON3 <i>Monica Davis (SUB)</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>Kristin Kaminski (SUB)</i>	11:15-11:30 YS	Barre Bootcamp <i>Amy McGuire</i>			10:30-11:20 MS	Barre Bootcamp <i>Amy McGuire</i>	11:00-12:15 YS	Burn Bliss Yoga <i>Mandee Miller (SUB)</i>
12:15-1:00 CS ◆	Rhythm Revolution <i>Mandee Miller</i>	12:00-12:45 YS	Pilates Power <i>Janine Bailey (SUB)</i>	12:15-1:00 CS ◆	Studio Cycling <i>Eric Orner</i>	5:30-6:20 MS	Barre Fit Cardio <i>Monica Davis</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>	5:30-6:45 YS	Vinyasa Yoga <i>Chris Reed</i>						
12:30-1:30 YS	Vinyasa Yoga <i>Chris Reed</i>	12:45-12:55 YS	RX Series® <i>Janine Bailey (SUB)</i>	12:30-1:30 YS	Infinity Flow <i>Chris Reed (SUB)</i>	6:45-7:30 MS	METCON3 <i>Monica Davis</i>						
1:30-2:15 MS	Barre Fit Cardio <i>Anna Palms (SUB)</i>	1:00-1:45 MS	Body Challenge <i>Robbie Darby</i>	1:30-2:15 MS	THE CUT <i>Eric Orner</i>								
5:00-5:30 MS ◆	THE CUT: Jump Rope <i>Philippe Bowgen</i>	1:00-2:00 YS	Ashtanga Yoga <i>Kristin Kaminski (SUB)</i>	5:30-6:20 MS	Barre Fit Cardio <i>Monica Davis</i>								
5:30-6:45 YS	Vinyasa Yoga <i>Leah Kercheville (SUB)</i>	5:15-5:30 MS	Ab Lab <i>U. B. Sanchez</i>	5:45-6:35 CS ◆	Studio Cycling <i>Stephanie Ho (SUB)</i>								
5:45-6:35 CS ◆	Studio Cycling <i>Sami Dorman</i>	5:30-6:15 CS ◆	Studio Cycling <i>Arielle Miller-Cohen</i>	6:45-7:30 MS	METCON3 <i>Monica Davis</i>								
5:45-6:30 MS ◆	METCON3 <i>Philippe Bowgen</i>	5:30-6:15 MS	Tabata <i>U. B. Sanchez</i>										
6:45-7:30 CS ◆	Rhythm Revolution <i>Annelisa Moody</i>	5:30-6:20 YS	Barre Bootcamp <i>Layla Guest</i>										
6:45-7:30 MS	Kettlebell/ViPR Combo <i>Sami Dorman</i>	6:30-7:30 CS ◆	Rhythm Revolution <i>Stephanie Ho (SUB)</i>										
7:00-7:45 TR ◆	Precision Running® <i>Jenia Koroleva</i>	6:30-7:15 MS ◆	PURE STRENGTH <i>Arielle Miller-Cohen</i>										
7:00-8:00 YS	Infinity Flow <i>Molly O'Neill</i>	6:30-7:45 YS	Vinyasa Yoga <i>Layla Guest (SUB)</i>										
7:40-8:30 MS	Barre Bootcamp <i>Shawna Whitlock</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>										

EQUINOX

DOWNTOWN LA

444 FLOWER ST.
LOS ANGELES CALIFORNIA
90071
213-330-3999
EQUINOX.COM
@EQUINOX

THANKSGIVING MODIFIED HOURS
NOVEMBER 23: 07:00 AM - 02:00 PM

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

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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 Sliik, 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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

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?

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.

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!

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

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 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

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.

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.

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.