

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:30-7:15 MS	METCON3 <i>Christopher Schram</i>	7:00-7:45 MS	Best Butt Ever <i>Jade Peeples</i>	9:30-10:20 MS	4X4 <i>Kristen Klehr</i>	11:00-11:50 MS	METCON3 <i>Aaron Marcotte</i>	10:00-10:50 CS◆	Red, Ride and Blue <i>Stephanie Ho</i>	6:30-7:15 MS	THE CUT <i>Jade Peeples</i>	6:00-6:45 TR◆	Precision Running® <i>Stephanie Czajkowski</i>
6:30-7:30 YS	Power Yoga <i>Teo Chapelier</i>	7:00-8:00 YS	Vinyasa Yoga <i>Rachel Jackson</i>	10:30-11:20 MS	Barre Bootcamp <i>Jacqueline Rosenthal</i>	11:00-12:15 YS	Burn Bliss Yoga <i>Teo Chapelier</i>	10:30-11:45 YS	Memorial Day Warrior Yoga <i>Layla Guest</i>	6:30-7:30 YS	Power Yoga <i>Teo Chapelier</i>	6:30-7:20 CS◆	Rhythm Revolution <i>Amy Lim</i>
7:00-7:45 CS◆	Studio Cycling <i>Frank Marino</i>	12:30-1:00 MS	Best Butt Ever <i>Mandee Miller</i>	10:30-11:45 YS	Dynamic Vinyasa Yoga <i>Layla Guest</i>					7:00-7:45 CS◆	Studio Cycling <i>Frank Marino</i>	7:00-7:50 MS	Body Challenge <i>Stephanie Czajkowski</i>
7:30-8:15 MS	THE CUT <i>Eric Orner</i>	12:30-1:30 YS	Dynamic Vinyasa Yoga <i>Layla Guest</i>	11:30-12:00 MS◆	Firestarter <i>Jacqueline Rosenthal</i>					7:30-8:15 MS	Streamline Sculpt <i>Eric Orner</i>	7:00-8:00 YS	Ashtanga Yoga <i>J.D. Wolfe</i>
12:00-12:45 YS	Pilates Power <i>Angel McLendon</i>	1:00-1:30 MS	Best Abs Ever <i>Mandee Miller</i>	11:45-12:00 YS	RX Series® <i>Layla Guest</i>					12:00-12:45 YS	Pilates Power <i>Layla Guest</i>	8:00-8:30 MS◆	Firestarter <i>Mandee Miller</i>
12:30-1:15 CS◆	Rhythm Revolution <i>Mandee Miller</i>	1:30-2:00 YS	Stretch and Relax <i>Layla Guest</i>							12:30-1:15 CS◆	Rhythm Revolution <i>Mandee Miller</i>	8:30-9:00 MS	RIPPED Abs & Arms <i>Mandee Miller</i>
12:45-1:00 YS	RX Series® <i>Angel McLendon</i>	5:45-6:35 CS◆	Club Cycling™ <i>Sammi Nguyen</i>							12:45-1:00 YS	RX Series® <i>Layla Guest</i>	12:15-1:00 CS◆	Studio Cycling <i>Eric Orner</i>
1:00-1:45 MS	Kettlebell Power <i>Casey Kringlen (SUB)</i>									1:00-1:45 MS	Tabata <i>Greg Cohen</i>	12:30-1:20 MS	Barre Bootcamp <i>Ayanna Contreras</i>
1:00-2:00 YS	Power Yoga <i>Chris Reed</i>									1:00-2:00 YS	Ashtanga Yoga <i>J.D. Wolfe</i>	12:30-1:30 YS	Infinity Flow <i>Alexa Silvaggio</i>
5:15-5:30 MS	Ab Lab <i>Sam Palermo</i>									5:15-5:30 MS	Ab Lab <i>U. B. Sanchez</i>	1:30-2:15 MS	THE CUT <i>Eric Orner</i>
5:30-6:15 CS◆	Studio Cycling <i>Johnny Debut</i>									5:30-6:15 CS◆	Club Cycling™ <i>Arielle Miller-Cohen</i>	4:30-5:20 MS	Chisel'd <i>U. B. Sanchez</i>
5:30-6:15 MS	THE CUT <i>Sam Palermo</i>									5:30-6:15 MS	Tabata <i>U. B. Sanchez</i>	5:30-6:00 MS◆	Firestarter <i>Kristen Klehr</i>
5:30-6:20 YS	Pilates Power <i>Angel McLendon (SUB)</i>									5:30-6:20 YS	Barre Bootcamp <i>Layla Guest</i>	5:30-6:45 YS	Vinyasa Yoga <i>Layla Guest</i>
6:30-7:20 MS◆	Whipped! <i>Sam Palermo</i>									6:30-7:30 CS◆	Rhythm Revolution <i>Carmine Sabatella</i>	5:45-6:35 CS◆	Studio Cycling <i>Aaron Marcotte</i>
6:45-8:00 YS	Vinyasa Yoga <i>Angel McLendon</i>									6:30-7:20 MS	Sweat <i>Arielle Miller-Cohen</i>	6:00-6:30 MS	Best Butt Ever <i>Kristen Klehr</i>
										6:30-7:45 YS	Vinyasa Yoga <i>Sabina Weber</i>	6:45-7:30 MS	Stacked! <i>Aaron Marcotte</i>
										7:30-8:15 MS	Best Butt Ever <i>Simone Berry</i>	7:00-8:00 YS	Yin Yoga <i>Molly O'Neill</i>
										8:00-9:00 YS	Power Yoga <i>Chris Reed</i>		

DOWNTOWN LA

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 04:00 PM

MAY 29: 07:00 AM - 07:00 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

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

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

CLUB CYCLING™ Designed by Christian Noni, pedal out to some bass & beats while burning calories and toning muscles. Strategically designed for all fitness levels, Club Cycling is formatted in 3 stages: warm up, endurance & strength, perfect for anyone who loves to sweat it out with friends in a high-energy class.

RED, RIDE AND BLUE 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.

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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.

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

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.

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.

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.

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

RIPPED ABS & ARMS Get ready to show some skin with this 30 minute sculpt class focused on tightening the abs and sculpting the upper body.

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.

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. Self-myofascial massage, range-of-motion stretches and breath strategy combine for high performance.

STRETCH AND RELAX Wind down by stretching out the major muscle groups using a variety of stretch techniques. Increase flexibility while relaxing your mind.