

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 MS ◆	TRX MAX <i>Trent David</i>	6:30-7:20 CS ◆	Performance Cycling <i>Andy Harris</i>	6:30-7:30 YS	Yoga Flow <i>Taylor Stutz</i>	6:30-7:20 CS ◆	Performance Cycling <i>Andy Harris</i>	7:00-8:00 CS ◆	The Pursuit: Build <i>Ronit Koren</i>	8:30-9:15 CS ◆	Studio Cycling <i>Mandee Miller</i>	9:00-10:00 YS	Pilates <i>Camille Loftin</i>
7:45-8:00 MS	Best Arms Ever <i>Trent David</i>	6:30-7:15 MS	Tabata <i>Simone Berry</i>	7:00-7:50 MS ◆	Whipped! <i>Elle Young</i>	6:30-7:30 MS	4X4 <i>Simone Berry</i>	7:30-8:30 YS	Pilates Flow <i>Shawna Whitlock</i>	9:00-9:45 MS ◆	Cross Fire <i>Trent David</i>	9:30-10:20 CS ◆	Studio Cycling <i>Aaron Marcotte</i>
8:00-9:00 CS ◆	The Pursuit: Burn <i>Joseph Seeman</i>	7:30-8:20 TR ◆	Precision Running® <i>Kristen Klehr</i>	8:00-8:50 CS ◆	Studio Cycling <i>Joseph Seeman</i>	7:30-8:20 TR ◆	Precision Running® <i>Andy Harris</i>	9:30-9:45 MS	Best Arms Ever <i>Toby Massenburg</i>	9:30-10:45 YS	Power Yoga <i>Aree Khodai</i>	9:30-10:15 MS	METCON3 <i>Greg Cohen</i>
9:00-9:45 MS	Barre Fit Cardio <i>Jake DuPree</i>	8:30-8:50 MS	Best Arms Ever <i>Elle Young</i>	9:00-9:45 MS	Barre Fit Cardio <i>Jake DuPree</i>	8:30-9:30 YS	Yoga and Meditation <i>Luna Pierson</i>	9:30-10:30 YS	Vinyasa Yoga <i>Whitney Allen</i>	10:00-11:00 CS ◆	The Pursuit: Burn <i>Toby Massenburg</i>	10:15-11:30 YS	Yoga Flow <i>Whitney Allen</i>
9:30-10:30 YS	Yoga Flow <i>Austin Hollingshead</i>	8:30-9:30 YS	Yoga and Meditation <i>Chris Reed</i>	9:30-10:30 YS	Heated Vinyasa Yoga <i>Molly O'Neill</i>	8:30-9:30 YS	Yoga and Meditation <i>Luna Pierson</i>	9:45-10:30 MS	THE CUT <i>Toby Massenburg</i>	10:00-10:30 MS ◆	Firestarter <i>Shawna Whitlock</i>	10:30-11:30 MS	Barre Fit Cardio <i>Raul Machorro</i>
10:00-10:25 MS	Best Abs Ever <i>Toby Massenburg</i>	8:50-9:20 MS ◆	Firestarter <i>Elle Young</i>	10:00-10:45 MS	Stacked! <i>Pearl Fu</i>	9:45-10:30 MS	METCON3 <i>Elle Young</i>	11:00-12:00 YS ◆	Barre Pilates <i>Angel McLendon</i>	10:30-10:50 MS	Best Arms Ever <i>Shawna Whitlock</i>	11:00-11:50 CS ◆	Rhythm Revolution <i>Michael Vail</i>
10:30-11:00 MS	Best Butt Ever <i>Toby Massenburg</i>			10:45-11:00 MS	Best Arms Ever <i>Pearl Fu</i>	10:00-11:00 YS ◆	Trilogy Barre <i>Aaron Marcotte</i>	12:00-1:00 TR ◆	Precision Running® <i>Jill Peterson</i>	11:00-12:00 MS	4X4 <i>Paul Katami</i>	11:00-12:00 YS	Heated Vinyasa Yoga <i>Erin Grossman</i>
12:15-1:15 YS ◆	Barre Pilates <i>Damien Diaz</i>	9:30-10:20 CS ◆	Rhythm Revolution <i>Michael Vail</i>	12:30-1:30 YS ◆	Classical Ballet <i>Damien Diaz</i>	12:30-1:30 YS	Vinyasa Yoga <i>Alex Dawson</i>	5:30-6:15 MS ◆	PURE STRENGTH: SUMMER EDITION <i>Simone Berry</i>	11:00-12:00 YS	Pilates <i>Holly Jean Cosner</i>	12:30-1:45 YS	Heated Vinyasa Yoga <i>Erin Grossman</i>
5:30-5:55 MS	Best Abs Ever <i>Mandee Miller</i>	10:00-10:45 MS ◆	TRX MAX <i>Philippe Bowgen</i>	5:30-6:15 MS ◆	Cross Fire <i>Toby Massenburg</i>	5:45-6:15 MS	Best Abs Ever <i>Mandee Miller</i>	6:00-6:15 MS ◆	Heated Vinyasa Yoga <i>Erin Grossman</i>	11:30-12:15 CS ◆	Studio Cycling <i>Joseph Seeman</i>	2:30-3:30 YS ◆	Classical Ballet <i>Dana Holm</i>
6:00-6:50 CS ◆	Rhythm Revolution <i>Toby Massenburg</i>	12:30-1:30 YS	Vinyasa Yoga <i>Alex Dawson</i>	6:00-6:50 CS ◆	Rhythm Revolution <i>Andy Harris</i>	6:00-7:00 YS	Power Yoga <i>Alexa Silvaggio</i>	6:00-7:00 YS	The Pursuit: Burn <i>Emily Maslo</i>	12:30-1:30 MS	Real Deal Boxing <i>Andrew Woods</i>	4:00-5:00 YS	Power Yoga <i>Taylor Stutz</i>
6:00-6:30 MS ◆	Firestarter <i>Mandee Miller</i>	5:45-6:30 MS ◆	PURE STRENGTH: SUMMER EDITION <i>Trent David</i>	6:30-6:45 MS	Best Arms Ever <i>Greg Cohen</i>	6:15-6:45 MS	Best Butt Ever <i>Mandee Miller</i>	6:30-7:30 CS ◆	Cardio Hip Hop Funk <i>Franki Floro</i>	12:30-1:30 YS	Yoga and Meditation <i>Joseph Seeman</i>		
6:00-7:00 YS	Power Yoga <i>Aree Khodai</i>	6:00-7:00 YS	Yoga Flow <i>Billy Gill</i>	6:30-7:30 YS	Power Yoga <i>Frances Flores</i>	6:30-7:15 CS ◆	Cycle Beats <i>Gaia Scott-Crouch</i>	6:30-7:30 MS	The Pursuit: Burn Funk <i>Franki Floro</i>	2:00-3:00 YS ◆	Trilogy Barre <i>Damien Diaz</i>		
6:45-7:30 MS ◆	Whipped! <i>Patrick Goudeau</i>	6:00-7:00 YS	Yoga Flow <i>Billy Gill</i>	6:45-7:30 MS	Kettlebell Power <i>Greg Cohen</i>	7:00-7:45 MS	EQX Barre Burn <i>Michael Vail</i>	7:00-7:45 MS	Cardio Hip Hop Funk <i>Franki Floro</i>				
7:15-8:15 CS ◆	The Pursuit: Build <i>Trevor Throop</i>	6:30-7:15 CS ◆	Cycle Beats <i>Sammie Nguyen</i>	7:30-8:20 CS ◆	Studio Cycling <i>Michael Vail</i>	7:30-8:30 YS	Heated Vinyasa Yoga <i>Derek Beres</i>	7:30-8:30 YS ◆	Trilogy Barre <i>Braxton Brooks</i>				
7:30-8:30 YS	Yoga REvival <i>Jahmelia Lindsay</i>	6:45-7:30 MS	Barefoot Body Conditioning <i>Monica Davis</i>	7:45-8:30 MS	Real Deal Boxing <i>Steven Dell</i>								
		7:30-8:30 YS	Heated Vinyasa Yoga <i>Derek Beres</i>	7:45-8:45 YS	Restorative Yoga <i>Angel McLendon</i>								
		7:45-8:15 MS ◆	Firestarter <i>Delandis McClam</i>										
		8:15-8:45 MS	Best Butt Ever <i>Delandis McClam</i>										

HOLLYWOOD

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MON - THU: 5:30 AM - 10:30 PM
FRI: 5:30 AM - 9:30 PM
SAT & AMP; SUN: 7:00 AM - 8:00 PM

GROUP FITNESS MANAGER
TOBY MASSENBURG
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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
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area

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

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

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.

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

HEATED VINAYASA YOGA A thoughtful, Vinyasa-based class in a heated room. A base temperature of 80 - 85 degrees will help release toxins, encourage a deep connection to breath and increase strength through flowing sequences. If you like to sweat, this class is for you.

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.

YOGA AND MEDITATION Heat and wake the body with a thoughtful yoga flow. Then get centered and energized with a meditation. Relax, regenerate and re-focus!

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.

YOGA REVIVAL Rejuvenate with cleansing breath exercises (pranayama),

REvive with relatable classical yoga poses (asana), and dynamic movement to raise the energy and create fluidity (Shingjon). Then REfocus the mind to tranquility with restorative yoga and a guided meditation (dyana).

ATHLETIC TRAINING

CROSS FIRE Get ignited and embark on a metabolic workout like no other. This intense program features dynamic cardio drills, battle ropes, indorowers, kettle bells, and much more set to intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN

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 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.

TRILOGY BARRE Barre's next evolution. Challenge your entire body with our signature triple-barre system and resistance bands for an intense workout beyond Barre as you know it.

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?

BAREFOOT BODY CONDITIONING High intensity, mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

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 ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

PURE STRENGTH: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

TRX MAX Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

PILATES

BARRE PILATES Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

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 FLOW This class is a vigorous sequence of mat exercises based on Joseph Pilates work. The class will demonstrate core stability, flexibility and balance with upbeat music and flowing transitions.

DANCE

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.

CLASSICAL BALLET Opened level ballet class starting with barre work and followed by center floor work. Previous experience is helpful but not essential.

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.