

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:15-8:00 YS ◆	Pilates Fusion <i>Jade Perkins</i>	7:30-8:15 CS ◆	Cycle Power <i>Candace Storch</i>	6:45-7:30 CS ◆	Cycle Beats <i>Blake Lopez</i>	7:30-8:15 CS ◆	Cycle Power <i>Lyndsay Payne</i>	7:15-8:00 YS ◆	Pilates Mat <i>Alexis Stovall</i>	9:00-9:45 YS ◆	Barre <i>Robin Retherford</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Alina Karaliuk</i>
8:15-9:00 YS ◆	Barre <i>Jade Perkins</i>	8:15-9:00 MS ◆	Cardio Sculpt <i>Lauren Kisner</i>	8:15-9:15 YS ◆	Yin Yoga Meditation <i>Steven Herbst</i>	8:15-9:00 MS ◆	Tabata Max <i>Lyndsay Payne</i>	8:15-9:15 YS ◆	Vinyasa Yoga <i>Nicolay Del Salto</i>	9:15-10:00 MS ◆	Whipped! Justin Pham	9:15-10:00 CS ◆	Cycle Power <i>Hugo Gatjens</i>
9:15-10:00 MS ◆	METCON3 <i>Lauren Kisner</i>	9:30-10:30 YS ◆	Vinyasa Yoga Nicolay Del Salto	9:15-10:00 MS ◆	Body Sculpt <i>Chavonne Baron</i>	9:30-10:15 YS ◆	Barre <i>Elizabeth Vino</i>	9:15-10:00 MS ◆	Boxing <i>PJ Venturino</i>	9:15-10:05 TR ◆	Precision Run® <i>JP Shami</i>	10:00-10:45 MS ◆	Tabata Max <i>Ramon Lopez</i>
9:30-10:15 CS ◆	Cycle Power <i>Ani</i>	10:00-10:45 CS ◆	Cycle Beats <i>Robin Retherford</i>	10:15-11:00 CS ◆	Cycle Power <i>Chavonne Baron</i>	10:00-10:45 CS ◆	Cycle Beats <i>Ani</i>	9:30-10:15 CS ◆	Cycle Power <i>Justin Pham</i>	9:30-10:15 CS ◆	Cycle Power <i>Chavonne Baron</i>	10:30-11:45 YS ◆	Vinyasa Yoga <i>Megan Miller-Daghir</i>
10:15-11:15 YS ◆	Vinyasa Yoga <i>Kiki So</i>	11:00-11:45 YS ◆	True Barre <i>Ani</i>	10:45-11:30 MS ◆	Studio Dance <i>Jonathan Lara Castillo</i>	11:00-11:45 YS ◆	Barre <i>Robin Retherford</i>	10:15-11:00 YS ◆	Barre <i>Amber Immordino</i>	10:15-11:15 YS ◆	Vinyasa Yoga <i>Shanti</i>	10:45-11:35 TR ◆	Precision Run® <i>Angel Alicea</i>
11:00-11:45 CS ◆	Cycle Beats <i>Chavonne Baron</i>	11:30-12:15 MS ◆	Whipped! <i>Justin Pham</i>	11:00-12:00 YS ◆	Athletic Yoga <i>Nicolay Del Salto</i>	11:30-12:15 MS ◆	Best Butt Ever <i>Liz Butler</i>	10:45-11:30 MS ◆	Studio Dance <i>Jonathan Lara Castillo</i>	10:30-11:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Chavonne Baron</i>	11:45-12:30 MS ◆	Stacked! <i>Angel Alicea</i>
12:00-12:45 MS ◆	Stacked! <i>Chavonne Baron</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Alina Karaliuk</i>	12:15-1:00 YS ◆	Pilates Remix <i>Natalie Rivera</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Alina Karaliuk</i>	12:15-1:15 YS ◆	Yin Yoga Meditation <i>JP Tiffert</i>	11:30-12:15 MS ◆	Skybeat® <i>Skyler Rodgers</i>	5:00-6:00 YS ◆	Restorative Yoga <i>Emilia Garth</i>
12:15-1:00 YS ◆	Pilates Fusion <i>Natalie Rivera</i>	5:00-6:00 YS ◆	Athletic Yoga <i>Shanti</i>	12:30-1:15 MS ◆	STRONG <i>Tony Thomas</i>	4:15-5:00 YS ◆	Best Stretch Ever <i>Chavonne Baron</i>	12:30-1:15 MS ◆	Athletic Conditioning <i>Tony Thomas</i>	12:15-1:00 YS ◆	Best Stretch Ever <i>Elissa Barbach</i>		
5:15-6:00 MS ◆	Boxing <i>PJ Venturino</i>	5:15-6:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Chavonne Baron</i>	5:30-6:15 MS ◆	Cardio Sculpt <i>Jamal Campbell</i>	5:15-6:00 MS ◆	Cardio Sculpt + Best Abs Ever <i>Chavonne Baron</i>	4:30-5:15 YS ◆	Bare Jamal Campbell				
5:30-6:20 TR ◆	Precision Run® <i>Justin Pham</i>	5:30-6:15 CS ◆	Cycle Power <i>Justin Pham</i>	5:45-6:30 CS ◆	Cycle Power <i>Russell Smith</i>	5:30-6:15 CS ◆	Cycle Beats <i>Hugo Gatjens</i>	5:30-6:15 YS ◆	Pilates Fusion <i>Katalin Axmann</i>	5:30-6:15 YS ◆			
5:45-6:30 CS ◆	Cycle Beats <i>Hanna Calvo</i>	6:00-6:50 TR ◆	Precision Run® <i>Angel Alicea</i>	5:45-6:30 YS ◆	Barefoot Body Sculpt <i>Robin Retherford</i>	6:00-6:50 TR ◆	Precision Run® <i>Angel Alicea</i>	6:00-6:45 MS ◆	Rounds <i>Emmanuel Griffin</i>	6:00-6:45 MS ◆			
5:45-6:30 YS ◆	Barefoot Body Sculpt <i>Robin Retherford</i>	6:15-7:15 YS ◆	Vinyasa Yoga <i>JP Tiffert</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Emilia Garth</i>	6:15-7:15 YS ◆	Vinyasa Yoga <i>JP Tiffert</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Katalin Axmann</i>	6:30-7:30 YS ◆			
6:30-7:15 MS ◆	STRONG <i>Viviana Patino</i>	6:30-7:15 MS ◆	Cardio Dance <i>Eddie Calle</i>	7:15-8:00 MS ◆	Studio Dance <i>Jonathan Lara Castillo</i>	6:30-7:15 MS ◆	Studio Dance <i>Miguel Falcon</i>						
7:00-8:00 YS ◆	Vinyasa Yoga <i>Katalin Axmann</i>												

SOUTH BEACH

520 COLLINS AVENUE
MIAMI BEACH FL 33139
EQUINOX.COM
@EQUINOX

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

GROUP FITNESS MANAGER

chavonne.baron@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

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

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

RUNNING

PRECISION RUN® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

YIN YOGA MEDITATION A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

METCONS This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

BARRE

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

PILATES REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

SKYBEAT® Created by Skylar Rodgers, this easy-to-follow dance-based class includes basic plyometrics, aerobic sequencing, and various dance styles. Improve Cardiovascular fitness and have fun.

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

STRETCH AND RECOVERY

BEST STRETCH EVER A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

CARDIO SCULPT + BEST ABS EVER A combination of rhythmic sculpting and core conditioning. Build abdominal strength and endurance as you shape and define your entire body.