

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00–7:45 MS ◆ Athletic Conditioning <i>Eddie Calle</i>	6:30–7:15 MS ◆ Cardio Sculpt <i>Jamal Campbell</i>	6:30–7:15 MS ◆ STRONG <i>Justin Pham</i>	6:30–7:15 MS ◆ METCON3 <i>Alex Barreto</i>	6:30–7:15 MS ◆ Athletic Conditioning <i>Emmanuel Griffin</i>	9:00–9:45 MS ◆ Athletic Conditioning <i>Suyumi Quiroz</i>	9:30–10:15 MS ◆ Athletic Conditioning <i>Justin Pham</i>
7:30–8:15 CS ◆ Cycle Beats <i>Blake Lopez</i>	8:00–8:45 MS ◆ Stacked! <i>Anya Ellerbroek</i>	7:00–8:00 YS ◆ Vinyasa Yoga <i>Javier Lopez</i>	8:00–8:50 CS ◆ The Pursuit: Build <i>Angel Alicea</i>	7:00–8:00 YS ◆ Vinyasa Yoga <i>Linda Pedrosa</i>	9:15–10:00 YS ◆ Off The Barre <i>Miguel Falcon</i>	10:15–11:00 CS ◆ Cycle Beats <i>Mark Whalen</i>
8:15–9:00 MS ◆ Boxing <i>Eddie Calle</i>	8:30–9:15 CS ◆ Cycle Power <i>Onel Perez</i>	7:30–8:15 CS ◆ Cycle Power <i>Justin Pham</i>	8:00–8:45 MS ◆ Athletic Conditioning <i>Anya Ellerbroek</i>	7:15–8:00 CS ◆ Cycle Beats <i>Mark Whalen</i>	10:00–10:50 TR ◆ Precision Run® <i>Angel Alicea</i>	10:15–11:15 YS ◆ Vinyasa Yoga <i>Javi Valle</i>
9:00–9:45 YS ◆ Off The Barre <i>Jamal Campbell</i>	8:45–9:45 YS ◆ Vinyasa Yoga + Meditation <i>Linda Pedrosa</i>	8:15–9:00 MS ◆ Tabata Max <i>Ani</i>	8:45–9:45 YS ◆ Yoga Strong <i>Alex Barreto</i>	8:15–9:00 MS ◆ Boxing <i>Miguel Garcia</i>	10:15–11:15 MS ◆ Studio Dance <i>Miguel Falcon</i>	10:30–11:15 MS ◆ STRONG <i>Justin Pham</i>
9:30–10:15 MS ◆ Tabata Max <i>Rachel Dugan</i>	9:00–9:45 MS ◆ METCON3 <i>Alex Barreto</i>	9:00–9:45 YS ◆ EQX Barre Bum <i>Miguel Falcon</i>	9:00–9:45 MS ◆ Athletic Conditioning <i>Jamal Campbell</i>	9:15–10:15 YS ◆ Pilates Mat <i>Sue Spinelli</i>	11:00–12:00 YS ◆ Vinyasa Yoga <i>Alex Barreto</i>	11:30–12:20 TR ◆ Precision Run® <i>Justin Pham</i>
10:30–11:15 MS ◆ Body Sculpt <i>Rachel Dugan</i>	9:00–9:50 TR ◆ Precision Run® <i>Angel Alicea</i>	9:15–10:00 MS ◆ Stacked! <i>Ani</i>	9:00–9:50 TR ◆ Precision Run® <i>Angel Alicea</i>	9:30–10:15 MS ◆ Athletic Conditioning <i>Danny Lauchaire</i>	11:15–12:05 CS ◆ The Pursuit: Bum <i>Angel Alicea</i>	11:30–12:30 YS ◆ Athletic Stretch <i>Elissa Barbach</i>
10:30–11:30 YS ◆ Athletic Yoga <i>Javier Lopez</i>	10:00–11:00 MS ◆ Studio Dance <i>Miguel Falcon</i>	10:15–11:00 MS ◆ TRX Max <i>Noah Pantaleon</i>	10:00–11:00 MS ◆ Studio Dance <i>Jamal Campbell</i>	10:30–11:30 YS ◆ Athletic Yoga <i>Danny Lauchaire</i>	11:30–12:15 MS ◆ Best Butt Ever <i>Ramon Lopez</i>	
11:45–12:45 YS ◆ Yin Yoga Meditation <i>Alex Barreto</i>	10:15–11:00 CS ◆ Cycle Beats <i>Angel Alicea</i>	10:15–11:00 MS ◆ TRX Max Circuit <i>Noah Pantaleon</i>	10:15–11:00 CS ◆ Cycle Beats <i>Hugo Gatjens</i>	11:30–12:15 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Yvonne Levy</i>	12:15–1:15 YS ◆ Yin Yoga Meditation <i>Alex Barreto</i>	
5:30–6:15 CS ◆ Cycle Power <i>Hugo Gatjens</i>	11:00–11:45 YS ◆ Off The Barre <i>Jade Perkins</i>	10:30–11:30 YS ◆ Vinyasa Yoga <i>Alex Barreto</i>	11:00–11:45 YS ◆ Off The Barre <i>Lauren Lampa</i>	12:15–1:15 YS ◆ Best Stretch Ever <i>Elissa Barbach</i>	12:30–1:15 MS ◆ Whipped! <i>Rachel Dugan</i>	
5:45–6:30 YS ◆ Off The Barre <i>Miguel Falcon</i>	12:00–1:00 YS ◆ Vinyasa Yoga <i>Linda Pedrosa</i>	11:30–12:15 MS ◆ Best Butt Ever <i>Noah Pantaleon</i>	12:00–1:00 YS ◆ Vinyasa Yoga <i>Tazz Carter</i>	6:15–7:00 MS ◆ Cardio Sculpt <i>Jamal Campbell</i>		
6:15–7:00 MS ◆ Body Sculpt <i>Alex Barreto</i>	5:00–5:45 MS ◆ Boxing <i>Emmanuel Griffin</i>	12:15–1:00 YS ◆ Off The Barre <i>Jade Perkins</i>	5:00–5:45 MS ◆ Athletic Conditioning <i>Eddie Calle</i>			
6:45–7:45 YS ◆ Vinyasa Yoga <i>Linda Pedrosa</i>	6:00–7:00 YS ◆ Vinyasa Yoga <i>Danny Lauchaire</i>	5:30–6:20 CS ◆ The Pursuit: Build <i>Angel Alicea</i>	6:00–7:00 YS ◆ Vinyasa Yoga <i>Tazz Carter</i>			
7:15–8:00 MS ◆ Tabata Max <i>Lulu Faria</i>	6:15–7:00 CS ◆ Cycle Beats <i>Hugo Gatjens</i>	5:45–6:30 YS ◆ Pilates Mat <i>Sue Spinelli</i>	6:15–7:00 CS ◆ Cycle Power <i>Ani</i>			
	6:15–7:00 MS ◆ Stacked! <i>Ani</i>	6:15–7:00 MS ◆ Best Butt Ever <i>Ramon Lopez</i>	6:15–7:00 MS ◆ Boxing <i>Eddie Calle</i>			
	7:10–8:00 TR ◆ Precision Run® <i>Danny Lauchaire</i>	6:40–7:25 TR ◆ Precision Run® <i>Angel Alicea</i>	7:15–8:00 YS ◆ Pilates Mat <i>Ani</i>			
	7:15–8:00 YS ◆ Pilates Mat <i>Ani</i>	7:00–8:00 YS ◆ Yin Yoga Meditation <i>Javi Valle</i>				
		7:15–8:00 MS ◆ Cardio Dance <i>Ramon Lopez</i>				

AVENTURA

19501 BISCAYNE BLVD.
(AVENTURA MALL)
AVENTURA FL 33180
EQUINOX.COM
@EQUINOX

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

KID'S CLUB HOURS

MON - SUN: 9:00AM - 1:00PM

GROUP FITNESS MANAGER

christina.leon@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
CS	Cycling Studio
TR	Treadmill Area
YS	Yoga 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.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

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.

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.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

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.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

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.

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.

TRX MAX A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

TRX MAX CIRCUIT A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

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

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

PILATES

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.

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.

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.

STRETCH AND RECOVERY

ATHLETIC STRETCH Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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

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.