

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS ◆ Tabata Max <i>Emmanuel Griffin</i>	6:00-6:45 CS ◆ Cycle Beats <i>Blake Lopez</i>	6:15-7:00 MS ◆ Stacked! <i>Justin Pham</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>Justin Pham</i>	6:15-7:00 MS ◆ Stacked! <i>Angel Alicea</i>	6:15-7:00 MS ◆ Pilates Fusion <i>Katalin Axmann</i>	6:00-6:45 CS ◆ Cycle Power <i>Liz Butler</i>	6:00-6:45 CS ◆ Cycle Power <i>Liz Butler</i>	6:15-7:00 MS ◆ Precision Run® <i>Ani</i>	6:15-7:00 TR ◆ Precision Run® <i>Ani</i>	8:30-9:20 MS ◆ Whipped! <i>Tarra Martinez</i>	9:30-10:15 CS ◆ Cycle Power <i>Robin Retherford</i>	9:30-10:15 CS ◆ Cycle Power <i>Robin Retherford</i>	9:30-10:15 CS ◆ Cycle Power <i>Robin Retherford</i>
7:00-7:45 MS ◆ Stacked! <i>Justin Pham</i>	7:00-7:45 MS ◆ Athletic Conditioning <i>Justin Pham</i>	7:00-7:45 MS ◆ Pilates Fusion <i>Ani</i>	7:00-7:45 MS ◆ Pilates Fusion <i>Penny Needle</i>	7:00-7:45 MS ◆ Pilates Fusion <i>Katalin Axmann</i>	7:00-7:45 MS ◆ Pilates Fusion <i>Katalin Axmann</i>	6:15-7:00 MS ◆ Rounds <i>Emmanuel Griffin</i>	6:15-7:00 MS ◆ Rounds <i>Emmanuel Griffin</i>	7:30-8:15 CS ◆ Cycle Beats <i>Sabrina Mautner</i>	7:30-8:15 CS ◆ Cycle Beats <i>Sabrina Mautner</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Paul Richardson</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Paul Richardson</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Paul Richardson</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Paul Richardson</i>
7:30-8:15 CS ◆ Cycle Beats <i>Sabrina Mautner</i>	7:30-8:15 MS ◆ Vinyasa Yoga <i>Nicolay Del Salto</i>	7:30-8:15 MS ◆ Pilates Mat <i>Ani</i>	7:30-8:15 MS ◆ Athletic Conditioning <i>Cadizsh Norford</i>	7:15-7:45 MS ◆ Best Abs Ever <i>Melissa Zierler</i>	7:15-7:45 MS ◆ Best Abs Ever <i>Melissa Zierler</i>	6:30-7:15 YS ◆ Pilates Mat <i>Ani</i>	6:30-7:15 YS ◆ Pilates Mat <i>Ani</i>	7:30-8:15 MS ◆ Tabata Max <i>Rachel Dugan</i>	7:30-8:15 MS ◆ Tabata Max <i>Rachel Dugan</i>	9:30-10:15 MS ◆ Body Sculpt <i>Tarra Martinez</i>	9:30-10:15 MS ◆ Body Sculpt <i>Tarra Martinez</i>	9:30-10:15 MS ◆ Body Sculpt <i>Tarra Martinez</i>	9:30-10:15 MS ◆ Body Sculpt <i>Tarra Martinez</i>
9:00-10:00 YS ◆ Vinyasa Yoga <i>Paul Richardson</i>	9:00-10:00 YS ◆ Pilates Fusion <i>Penny Needle</i>	9:00-10:00 YS ◆ Pilates Fusion <i>Penny Needle</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cadizsh Norford</i>	7:15-8:00 TR ◆ Elevate <i>Angel Alicea</i>	7:15-8:00 TR ◆ Elevate <i>Angel Alicea</i>	7:30-8:15 MS ◆ Athletic Conditioning <i>Ani</i>	7:30-8:15 MS ◆ Athletic Conditioning <i>Ani</i>	8:30-9:15 YS ◆ True Barre <i>Elizabeth Vino</i>	8:30-9:15 YS ◆ True Barre <i>Elizabeth Vino</i>	10:00-10:50 TR ◆ Precision Run® <i>Rachel Dugan</i>	10:00-10:50 TR ◆ Precision Run® <i>Rachel Dugan</i>	10:00-10:50 TR ◆ Precision Run® <i>Rachel Dugan</i>	10:00-10:50 TR ◆ Precision Run® <i>Rachel Dugan</i>
9:30-10:15 MS ◆ Body Sculpt <i>Tara Martinez</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cadizsh Norford</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cadizsh Norford</i>	10:30-11:20 MS ◆ Whipped! <i>Tarra Martinez, Cadizsh Norford</i>	7:30-8:15 CS ◆ Cycle Beats <i>JP Vergara</i>	7:30-8:15 CS ◆ Cycle Beats <i>JP Vergara</i>	9:00-9:45 YS ◆ Pilates Fusion <i>Lauren Lampa</i>	9:00-9:45 YS ◆ Pilates Fusion <i>Lauren Lampa</i>	9:30-10:15 MS ◆ Best Butt Ever <i>Russell Smith</i>	9:30-10:15 MS ◆ Best Butt Ever <i>Russell Smith</i>	10:30-11:30 YS ◆ Athletic Yoga <i>Kiki So</i>	10:30-11:30 YS ◆ Athletic Yoga <i>Kiki So</i>	10:30-11:30 YS ◆ Athletic Yoga <i>Kiki So</i>	10:30-11:30 YS ◆ Athletic Yoga <i>Kiki So</i>
10:15-11:00 YS ◆ Pilates Mat <i>Paul Richardson</i>	10:30-11:20 MS ◆ Whipped! <i>Tarra Martinez, Cadizsh Norford</i>	10:30-11:20 MS ◆ Whipped! <i>Tarra Martinez, Cadizsh Norford</i>	10:30-11:30 YS ◆ Yin Yoga Meditation <i>Luis Jimenez</i>	8:00-8:45 MS ◆ STRONG <i>Melissa Zierler</i>	8:00-8:45 MS ◆ STRONG <i>Melissa Zierler</i>	9:15-10:00 MS ◆ STRONG <i>Robin Retherford</i>	9:15-10:00 MS ◆ STRONG <i>Robin Retherford</i>	9:30-10:15 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	9:30-10:15 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	11:00-11:45 CS ◆ Cycle Beats <i>Nicole Ramos</i>	11:00-11:45 CS ◆ Cycle Beats <i>Nicole Ramos</i>	11:00-11:45 CS ◆ Cycle Beats <i>Nicole Ramos</i>	11:00-11:45 CS ◆ Cycle Beats <i>Nicole Ramos</i>
10:30-11:00 MS ◆ Best Stretch Ever <i>Tara Martinez</i>	10:30-11:30 YS ◆ Yin Yoga Meditation <i>Luis Jimenez</i>	10:30-11:30 YS ◆ Yin Yoga Meditation <i>Luis Jimenez</i>	11:00-12:00 YS ◆ Regeneration Yoga <i>Linda Pedrosa</i>	8:30-9:15 YS ◆ True Barre <i>Elizabeth Vino</i>	8:30-9:15 YS ◆ True Barre <i>Elizabeth Vino</i>	10:30-11:15 MS ◆ Athletic Conditioning <i>Tara Martinez</i>	10:30-11:15 MS ◆ Athletic Conditioning <i>Tara Martinez</i>	10:30-11:30 YS ◆ Vinyasa Yoga + Meditation <i>Nicolay Del Salto</i>	10:30-11:30 YS ◆ Vinyasa Yoga + Meditation <i>Nicolay Del Salto</i>	11:15-12:15 YS ◆ Regeneration Yoga <i>Steven Herbst</i>	11:15-12:15 YS ◆ Regeneration Yoga <i>Steven Herbst</i>	11:15-12:15 YS ◆ Regeneration Yoga <i>Steven Herbst</i>	11:15-12:15 YS ◆ Regeneration Yoga <i>Steven Herbst</i>
12:15-1:00 MS ◆ Best Butt Ever <i>Angel Alicea</i>	12:00-12:45 MS ◆ MET CON3 <i>Dominic Manfredi</i>	12:00-12:45 MS ◆ MET CON3 <i>Dominic Manfredi</i>	12:15-1:00 MS ◆ Boxing <i>Angel Alicea</i>	9:45-10:45 YS ◆ Vinyasa Yoga <i>Danny Lauchaire</i>	9:45-10:45 YS ◆ Vinyasa Yoga <i>Danny Lauchaire</i>	10:30-11:30 YS ◆ Yin Yoga Meditation <i>Paul Richardson</i>	10:30-11:30 YS ◆ Yin Yoga Meditation <i>Paul Richardson</i>	12:00-12:45 YS ◆ Pilates Remix <i>Katalin Axmann</i>	12:00-12:45 YS ◆ Pilates Remix <i>Katalin Axmann</i>	12:00-12:45 YS ◆ Bare <i>Robin Retherford</i>	12:00-12:45 YS ◆ Bare <i>Robin Retherford</i>	12:00-12:45 YS ◆ Bare <i>Robin Retherford</i>	12:00-12:45 YS ◆ Bare <i>Robin Retherford</i>
12:15-1:05 TR ◆ Precision Run® <i>Russell Smith</i>	12:15-1:00 CS ◆ Cycle Power <i>Tarra Martinez</i>	12:15-1:00 CS ◆ Cycle Power <i>Tarra Martinez</i>	12:15-1:05 TR ◆ Precision Run® <i>Tara Martinez</i>	11:00-12:00 YS ◆ Regeneration Yoga <i>Linda Pedrosa</i>	11:00-12:00 YS ◆ Regeneration Yoga <i>Linda Pedrosa</i>	12:00-1:00 YS ◆ True Barre <i>Elizabeth Vino</i>	12:00-1:00 YS ◆ True Barre <i>Elizabeth Vino</i>	12:15-1:00 MS ◆ STRONG <i>Russell Smith</i>	12:15-1:00 MS ◆ STRONG <i>Russell Smith</i>	12:15-1:00 MS ◆ Boxing <i>Deemsey Arias</i>	12:15-1:00 MS ◆ Boxing <i>Deemsey Arias</i>	12:15-1:00 MS ◆ Boxing <i>Deemsey Arias</i>	12:15-1:00 MS ◆ Boxing <i>Deemsey Arias</i>
5:30-6:15 MS ◆ Best Butt Ever <i>Emmanuel Griffin</i>	4:45-5:30 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	4:45-5:30 MS ◆ Studio Dance <i>Jonathan Lara Castillo</i>	5:15-6:15 YS ◆ Athletic Yoga <i>Javier Lopez</i>	12:00-12:45 YS ◆ Pilates Fusion <i>Lauren Lampa</i>	12:00-12:45 YS ◆ Pilates Fusion <i>Lauren Lampa</i>	4:45-5:30 MS ◆ Groove House <i>Rodrigo Gallardo</i>	4:45-5:30 MS ◆ Groove House <i>Rodrigo Gallardo</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Jil Deviscour</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Jil Deviscour</i>	3:30-4:30 MS ◆ Vinyasa Yoga + Meditation <i>Javier Lopez</i>	3:30-4:30 MS ◆ Vinyasa Yoga + Meditation <i>Javier Lopez</i>	3:30-4:30 MS ◆ Vinyasa Yoga + Meditation <i>Javier Lopez</i>	3:30-4:30 MS ◆ Vinyasa Yoga + Meditation <i>Javier Lopez</i>
5:30-6:30 YS ◆ Athletic Yoga <i>Javier Lopez</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Alexis Stovall</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Alexis Stovall</i>	5:30-6:15 MS ◆ Boxing <i>Miguel Garcia</i>	12:15-1:05 TR ◆ Precision Run® <i>Tara Martinez</i>	12:15-1:05 TR ◆ Precision Run® <i>Tara Martinez</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Steven Herbst</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Steven Herbst</i>						
6:00-6:45 CS ◆ Cycle Power <i>Melissa Zierler</i>	5:30-6:20 TR ◆ Precision Run® <i>Tarra Martinez</i>	5:30-6:20 TR ◆ Precision Run® <i>Tarra Martinez</i>	6:00-6:45 CS ◆ Cycle Beats <i>Nicole Ramos</i>	5:15-6:15 YS ◆ Athletic Yoga <i>Javier Lopez</i>	5:15-6:15 YS ◆ Athletic Yoga <i>Javier Lopez</i>	5:45-6:30 MS ◆ Best Butt Ever <i>Lyndsay Payne</i>	5:45-6:30 MS ◆ Best Butt Ever <i>Lyndsay Payne</i>						
6:30-7:15 MS ◆ Boxing <i>Emmanuel Griffin</i>	5:45-6:30 MS ◆ Body Sculpt <i>Liz Butler</i>	5:45-6:30 MS ◆ Body Sculpt <i>Liz Butler</i>	6:30-7:15 MS ◆ STRONG <i>Melissa Zierler</i>	6:00-6:45 CS ◆ Cycle Beats <i>Nicole Ramos</i>	6:00-6:45 CS ◆ Cycle Beats <i>Nicole Ramos</i>	6:45-7:30 CS ◆ Cycle Beats <i>Robin Retherford</i>	6:45-7:30 CS ◆ Cycle Beats <i>Robin Retherford</i>						
7:00-8:00 YS ◆ Vinyasa Yoga <i>Javier Lopez</i>	6:30-7:30 YS ◆ Yin Yoga Meditation <i>Steven Herbst</i>	6:30-7:30 YS ◆ Yin Yoga Meditation <i>Steven Herbst</i>	6:45-7:30 YS ◆ True Barre <i>Natalie Rivera</i>	6:30-7:15 MS ◆ STRONG <i>Melissa Zierler</i>	6:30-7:15 MS ◆ STRONG <i>Melissa Zierler</i>	6:45-7:30 MS ◆ MET CON3 <i>Daniel Mordechai</i>	6:45-7:30 MS ◆ MET CON3 <i>Daniel Mordechai</i>						
7:30-8:15 MS ◆ Skybeat® <i>Skyler Rodgers</i>	6:45-7:45 CS ◆ The Pursuit: Build <i>Noah Pantaleon</i>	6:45-7:45 CS ◆ The Pursuit: Build <i>Noah Pantaleon</i>	7:30-8:15 MS ◆ Skybeat® <i>Skyler Rodgers</i>	6:45-7:30 YS ◆ True Barre <i>Natalie Rivera</i>	6:45-7:30 YS ◆ True Barre <i>Natalie Rivera</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Steven Herbst</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Steven Herbst</i>						

BRICKELL

1441 BRICKELL AVENUE #4
MIAMI FL 33131
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 10:00PM

FRI: 5:00AM - 9:00PM

SAT - SUN: 7:00AM - 8:00PM

GROUP FITNESS MANAGER

tarra.martinez@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
YS	Yoga Studio
MS	Main Studio
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.

THE PURSUIT: BOLD 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.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

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.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

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.

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 ABS EVER A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

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.

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.

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

GROOVE HOUSE Created by Rodrigo Gallardo, this cardio dance workout runs the spectrum from Latin Ballroom Style to Modern Pop Moves and everything in between. Mi casa es su casa! In this house, everyone is welcome!

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

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.

 **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.