

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:30 YS ◆	Athletic Yoga <i>Nicolay Del Salto</i>	6:15-7:00 MS ◆	Cardio Sculpt Emmanuel Griffin	6:15-7:00 CS ◆	Cycle Power <i>Bryan Ensel</i>	6:15-7:00 MS ◆	Athletic Conditioning <i>Cadizsh Norford</i>	6:30-7:30 YS ◆	Vinyasa Yoga (HEATED) <i>JP Tiffert</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Kiki So</i>	8:30-9:30 YS ◆	InnerHeat Yoga <i>Alex Barreto</i>
6:45-7:30 CS ◆	Cycle Power <i>Liz Butler</i>	7:00-7:45 CS ◆	ANTHEM™ <i>Ani</i>	7:00-8:00 YS ◆	Athletic Yoga (HEATED) <i>Nicolay Del Salto</i>	7:00-7:45 CS ◆	Cycle Power <i>Nicole Ramos</i>	6:45-7:30 CS ◆	Cycle Beats <i>Hanna Calvo</i>	9:30-10:15 CS ◆	Cycle Beats <i>Russell Smith</i>	9:15-10:05 CS ◆	The Pursuit: Bum <i>Angel Alicea</i>
6:45-7:30 MS ◆	Tabata Max <i>Bryan Ensel</i>	7:15-8:05 TR ◆	Precision Run® <i>Angel Alicea</i>	7:15-8:00 MS ◆	The Cut: Jump Rope + Best Abs Ever <i>Bryan Ensel</i>	7:15-8:05 TR ◆	Precision Run® <i>Russell Smith</i>	7:15-8:00 MS ◆	Best Butt Ever Bryan Ensel	9:30-10:15 MS ◆	Stacked! <i>Dominic Manfredi</i>	9:45-10:30 MS ◆	MET CON3 <i>Alex Barreto</i>
7:45-8:30 MS ◆	Stacked! <i>Angel Alicea</i>	7:30-8:30 YS ◆	Vinyasa Yoga (HEATED) <i>Alina Karaliuk</i>	8:00-8:45 CS ◆	Cycle Beats <i>Lyndsay Payne</i>	7:30-8:30 YS ◆	Vinyasa Yoga <i>Katalin Axmann</i>	8:00-8:45 MS ◆	Cycle Power <i>Melissa Zierler</i>	10:15-11:00 YS ◆	Pilates Mat <i>Everth Lopez</i>	10:00-10:50 TR ◆	Precision Run® <i>JP Shami</i>
8:15-9:00 CS ◆	Cycle Power <i>Lyndsay Payne</i>	8:00-8:45 MS ◆	Boxing Danny Lauchaire	9:15-10:00 MS ◆	Best Butt Ever <i>Lyndsay Payne</i>	8:00-8:45 MS ◆	STRONG <i>PJ Venturino</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Melissa Zierler</i>	10:30-11:15 MS ◆	STRONG <i>Russell Smith</i>	10:15-11:00 YS ◆	Off The Barre <i>Ani</i>
11:00-11:50 TR ◆	Precision Run® Danny Lauchaire	8:15-9:00 CS ◆	Cycle Power <i>Ani</i>	11:00-11:50 TR ◆	Precision Run® <i>Dominic Manfredi</i>	8:30-9:20 CS ◆	The Pursuit: Bum <i>Russell Smith</i>	9:15-10:00 MS ◆	Athletic Conditioning <i>Melissa Zierler</i>	11:00-11:50 CS ◆	The Pursuit: Build Justin Pham	10:45-11:30 CS ◆	Cycle Power <i>Tara Sanjabi</i>
12:00-1:00 YS ◆	Vinyasa Yoga (HEATED) <i>Katalin Axmann</i>	9:30-10:15 MS ◆	STRONG <i>Danny Lauchaire</i>	12:00-12:45 YS ◆	Pilates Fusion (HEATED) <i>Lauren Lampa</i>	12:00-12:50 TR ◆	Precision Run® <i>Ani</i>	12:00-1:00 YS ◆	Restorative Yoga Shanti	11:15-12:05 TR ◆	Precision Run® <i>Tara Martinez</i>	11:15-12:15 MS ◆	Athletic Conditioning <i>Ani</i>
12:15-1:00 MS ◆	MET CON3 Danny Lauchaire	12:00-12:50 TR ◆	Precision Run® <i>Russell Smith</i>	12:15-1:00 MS ◆	Studio Dance <i>Jonathan Lara Castillo</i>	12:15-1:15 YS ◆	Athletic Yoga <i>Jil Deviscour</i>	12:15-1:00 MS ◆	Athletic Conditioning <i>Cadizsh Norford</i>	11:30-12:15 MS ◆	Best Butt Ever Russell Smith	12:30-1:30 YS ◆	Gentle Yoga + Meditation <i>Linda Pedrosa</i>
12:30-1:15 CS ◆	Cycle Power <i>Melissa Zierler</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Shanti</i>	12:30-1:15 CS ◆	Cycle Beats <i>Lyndsay Payne</i>	12:30-1:15 MS ◆	Best Butt Ever <i>Miguel Falcon</i>	12:30-1:15 CS ◆	Cycle Power <i>Justin Pham</i>	11:30-12:30 YS ◆	Athletic Yoga (HEATED) <i>Tazz Carter</i>	3:45-4:45 YS ◆	Athletic Yoga <i>Javier Lopez</i>
5:30-6:15 MS ◆	Master of One <i>Russell Smith</i>	12:30-1:15 MS ◆	STRONG <i>Cadizsh Norford</i>	4:00-4:45 YS ◆	Off The Barre Amber Immordino	5:00-6:00 YS ◆	Vinyasa Yoga Gab Cohen	5:30-6:20 TR ◆	Precision Run® <i>Danny Lauchaire</i>	12:45-1:30 MS ◆	Whipped! Dominic Manfredi		
5:30-6:30 YS ◆	Athletic Yoga (HEATED) <i>Luis Jimenez</i>	5:15-6:15 YS ◆	Vinyasa Yoga <i>Jil Deviscour</i>	5:30-6:15 MS ◆	Whipped! <i>Dominic Manfredi</i>	5:30-6:15 CS ◆	Cycle Power <i>Tara Martinez</i>	5:30-6:30 YS ◆	Vinyasa Yoga (HEATED) (L2) <i>Luis Jimenez</i>	1:00-1:45 YS ◆	Pilates Mat (HEATED) <i>Alexis Stovall</i>		
5:45-6:35 TR ◆	Precision Run® <i>Angel Alicea</i>	5:30-6:15 CS ◆	Cycle Beats <i>Christina Specos</i>	5:30-6:15 MS ◆	Off The Barre Miguel Falcon	5:30-6:15 MS ◆	Off The Barre Tania Amthor	5:45-6:35 CS ◆	The Pursuit: Bum Bryan Ensel	6:30-7:15 MS ◆	Tabata Max <i>Danny Lauchaire</i>		
6:30-7:15 CS ◆	Cycle Power <i>Russell Smith</i>	6:30-7:15 MS ◆	Best Butt Ever <i>Maykel Moreira</i>	5:30-6:30 YS ◆	Vinyasa Yoga (HEATED) <i>Nicolay Del Salto</i>	6:15-7:00 YS ◆	Pilates Fusion <i>Lauren Lampa</i>	5:45-6:35 CS ◆	The Pursuit: Bum Bryan Ensel	7:00-8:00 YS ◆	Gentle Yoga + Meditation <i>Luis Jimenez</i>		
6:30-7:15 MS ◆	STRONG <i>Danny Lauchaire</i>	6:45-7:45 YS ◆	Athletic Yoga (L3) <i>Jil Deviscour</i>	6:15-7:00 CS ◆	Cycle Beats <i>Hanna Calvo</i>	6:30-7:15 MS ◆	Athletic Conditioning <i>Tara Martinez</i>	6:30-7:15 MS ◆	Tabata Max <i>Danny Lauchaire</i>				
7:00-8:15 YS ◆	Vinyasa Yoga <i>Javi Valle</i>	7:00-7:45 CS ◆	Cycle Power <i>Justin Pham</i>	6:30-7:15 MS ◆	Tabata Max <i>Brittany Berger</i>	6:30-7:20 TR ◆	Precision Run® Bryan Ensel	7:00-7:45 CS ◆	Cycle Beats Blake Lopez				
7:30-8:15 MS ◆	MET CON3 <i>Dominic Manfredi</i>	7:45-8:30 MS ◆	Boxing <i>Miguel Garcia</i>	7:00-8:00 YS ◆	InnerHeat Yoga <i>Javier Lopez</i>	7:30-8:20 CS ◆	The Pursuit: Build <i>Bryan Ensel</i>	7:15-8:15 YS ◆	Restorative Yoga <i>Gab Cohen</i>				
7:45-8:30 CS ◆	Cycle Beats <i>JP Shami</i>							7:45-8:30 MS ◆	Boxing <i>Danny Lauchaire</i>				

BRICKELL HEIGHTS

25 SW 9TH STREET
MIAMI FL 33131
EQUINOX.COM
@EQUINOX

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

FRI: 5:00AM - 9:00PM

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

KID'S CLUB HOURS

MON - FRI: 8:00AM - 1:00PM

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

GROUP FITNESS MANAGER

dominic.manfredi@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
CS	Cycling Studio
YS	Yoga Studio
MS	Main Studio

**WHAT'S NEW THIS
MONTH**

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

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.

ATHLETIC YOGA (HEATED) 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.

GENTLE YOGA + MEDITATION A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

INNERHEAT YOGA A heated vinyasa class focused on building outer and inner strength. Ignite your full potential through a progressive structure of challenging poses. An Equinox exclusive.

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.

VINYASA YOGA (HEATED) 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.

BARRE

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 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 FUSION (HEATED) 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 MAT (HEATED) 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

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.

THE CUT: JUMP ROPE + BEST ABS EVER A challenging mash-up of Equinox classics. The Cut: Jump Rope is a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

SCULPT

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.

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.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCON3 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.