

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 YS ◆ Regeneration Yoga <i>Michelle Wong</i>	6:30-7:15 MS ◆ Stacked! <i>Pasquale Guiducci</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Nick Tipple</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Pasquale Guiducci</i>	6:30-7:15 MS ◆ Best Butt Ever <i>Kari McKillip</i>	7:45-8:30 MS ◆ METCON3 <i>David Pisanich</i>	8:30-9:15 YS ◆ Vinyasa Yoga <i>Joseph Seeman</i>
8:00-8:45 MS ◆ Tabata Max <i>David Pisanich</i>	7:00-7:45 CS ◆ Cycle Beats <i>Buddy Macuha</i>	7:30-8:30 YS ◆ Regeneration Yoga <i>Michelle Wong</i>	7:00-7:45 CS ◆ Cycle Beats <i>David Pisanich</i>	7:15-8:00 TR ◆ Precision Run® <i>Rick Logan</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Buddy Macuha</i>	9:30-10:15 CS ◆ Cycle Beats <i>Joseph Seeman</i>
8:30-9:15 CS ◆ Cycle Power <i>Wil Ashley</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Pasquale Guiducci</i>	8:30-9:15 CS ◆ Cycle Power <i>Wil Ashley</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Pasquale Guiducci</i>	7:30-8:15 YS ◆ Vinyasa Yoga <i>Shielu Bharwani</i>	9:00-9:45 CS ◆ Cycle Power <i>Wil Ashley</i>	10:00-10:45 TR ◆ Precision Run® <i>Daxton Bloomquist</i>
9:00-10:00 YS ◆ Power Yoga + Meditation <i>Jake Ferree</i>	8:00-8:45 MS ◆ Athletic Conditioning <i>Buddy Macuha</i>	9:00-10:00 YS ◆ Vinyasa Yoga (HEATED) <i>Emmie Danza</i>	8:00-8:45 MS ◆ Athletic Conditioning <i>Buddy Macuha</i>	8:00-8:55 MS ◆ AK! Rope <i>Kari McKillip</i>	9:15-10:00 MS ◆ Tabata Max <i>David Pisanich</i>	10:30-11:15 MS ◆ Athletic Conditioning <i>Jesse Rey</i>
9:15-10:00 TR ◆ Precision Run® <i>David Siik</i>	9:00-9:45 YS ◆ Off The Barre <i>Taliah Mekki</i>	9:30-10:15 MS ◆ Best Butt Ever <i>Toby Massenburg</i>	9:00-9:45 YS ◆ Off The Barre <i>Taliah Mekki</i>	8:30-9:15 CS ◆ Cycle Beats <i>Rick Logan</i>	9:30-10:30 YS ◆ Vinyasa Yoga (HEATED) <i>Emilie Perz</i>	10:30-11:15 MS ◆ Ropes and Rowers <i>Jesse Rey</i>
9:30-10:15 MS ◆ METCON3 <i>Toby Massenburg</i>	10:00-10:45 CS ◆ Cycle Beats <i>Taliah Mekki</i>	10:30-11:15 YS ◆ Barefoot Body Sculpt <i>Pasquale Guiducci</i>	9:15-10:00 TR ◆ Precision Run® <i>Jenia Koroleva</i>	9:00-10:00 YS ◆ Vinyasa Yoga (HEATED) <i>Austin Hollingshead</i>	10:30-11:15 CS ◆ Cycle Beats <i>Tarek Cotran</i>	10:30-11:15 MS ◆ Ropes and Rowers <i>Jesse Rey</i>
10:30-11:30 YS ◆ Vinyasa Yoga <i>Eddie Marashian</i>	12:00-12:45 MS ◆ Kickboxing <i>Steven Dell</i>	12:00-12:45 CS ◆ Cycle Beats <i>Joseph Seeman</i>	10:00-10:45 CS ◆ Cycle Beats <i>Taliah Mekki</i>	9:30-10:15 MS ◆ Body Sculpt <i>Rick Logan</i>	11:00-11:50 MS ◆ Best Butt Ever + Best Abs Ever <i>Taliah Mekki</i>	11:30-12:15 YS ◆ Pilates Fusion <i>Cynthia San Luis</i>
12:00-12:45 CS ◆ Cycle Beats <i>Rick Logan</i>	12:15-1:00 TR ◆ Precision Run® <i>Rick Logan</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Donovan McGrath</i>	12:00-12:45 MS ◆ Stacked! <i>David Pisanich</i>	12:00-12:45 CS ◆ Cycle Beats <i>Rick Logan</i>	12:15-1:00 TR ◆ Precision Run® <i>Taliah Mekki</i>	
12:15-1:00 TR ◆ Elevate <i>Jenia Koroleva</i>	4:30-5:30 YS ◆ Athletic Yoga <i>Chris Reber</i>	4:30-5:30 YS ◆ Vinyasa Yoga <i>Joseph Seeman</i>	12:15-1:00 TR ◆ Precision Run® <i>Jenia Koroleva</i>	12:15-1:00 YS ◆ Pilates Fusion <i>Lesley Greer</i>	12:30-1:15 MS ◆ Boxing <i>Steven Dell</i>	
4:30-5:30 YS ◆ Vinyasa Yoga <i>Joseph Seeman</i>	5:00-5:45 MS ◆ METCON3 <i>Rick Logan</i>	5:00-5:45 MS ◆ 4X4 <i>Rick Logan</i>	4:30-5:30 YS ◆ Athletic Yoga <i>Chris Reber</i>	4:30-5:30 YS ◆ Vinyasa Yoga <i>Buddy Macuha</i>		
5:00-5:45 MS ◆ Firestarter + Best Abs Ever <i>Dave Leong</i>	5:30-6:15 TR ◆ Precision Run® <i>Daxton Bloomquist</i>	5:30-6:15 TR ◆ Precision Run® <i>Shaimaa Masoud</i>	5:00-5:45 MS ◆ Stacked! <i>Rick Logan</i>	5:30-6:15 CS ◆ Cycle Beats <i>Wil Ashley</i>		
5:30-6:15 TR ◆ Precision Run® <i>Daxton Bloomquist</i>	5:30-6:15 CS ◆ Cycle Beats <i>David Pisanich</i>	5:45-6:30 CS ◆ Cycle Beats <i>Joseph Seeman</i>	6:00-6:45 CS ◆ Cycle Beats <i>Tarek Cotran</i>	5:45-6:30 MS ◆ Kickboxing <i>Be Solomon</i>		
5:45-6:30 CS ◆ Cycle Beats <i>Joseph Seeman</i>	6:15-7:00 YS ◆ Pilates Fusion <i>Lesley Greer</i>	6:30-7:30 YS ◆ Restorative Yoga <i>Jenny Geysler</i>	6:15-7:00 YS ◆ Pilates Fusion <i>Lesley Greer</i>	6:30-7:30 YS ◆ Vinyasa Yoga (HEATED) <i>Jenny Geysler</i>		
6:30-7:15 YS ◆ Pilates Fusion <i>Mathew Makings</i>	6:30-7:15 MS ◆ Stacked! <i>David Pisanich</i>	6:45-7:30 MS ◆ Best Butt Ever <i>Nico Martinez</i>	6:00-6:45 CS ◆ Cycle Beats <i>Tarek Cotran</i>			
6:45-7:30 MS ◆ STRONG <i>Daxton Bloomquist</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Lesley Greer</i>		6:15-7:00 YS ◆ Pilates Fusion <i>Lesley Greer</i>			
			6:30-7:15 MS ◆ Cardio Dance <i>Kierstan Hernandez</i>			
			7:30-8:30 YS ◆ Yoga Sculpt <i>Lesley Greer</i>			

EQUINOX

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MON - THU: 5:30AM - 9:30PM

FRI: 5:30AM - 9:00PM

SAT - SUN: 7:00AM - 6:00PM

GROUP FITNESS MANAGER

david.pisanich@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
CS	Cycling Studio
TR	Treadmill Area
MS	Main 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

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.

POWER YOGA + MEDITATION A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

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

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.

YOGA SCULPT A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

ATHLETIC TRAINING

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?

AK! ROPE Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

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.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance 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.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Bum calories and build muscle in this class that never lets you get complacent. 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.

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.

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.

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.

KICKBOXING A high-intensity kickboxing workout featuring boxing bags. Perfect your technique while improving strength, stamina, and cardio endurance.

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.