

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:15 PR ◆	Precision Run@ <i>Jenia Koroleva</i>	6:15-7:00 CS ◆	Cycle Power <i>Emily Stubler</i>	6:15-7:15 PR ◆	Precision Run@ <i>Ian Culbertson</i>	6:15-7:00 CS ◆	Cycle Beats <i>Nicholas Duran</i>	6:15-7:15 PR ◆	Precision Run@ <i>Jennifer Padilla</i>	8:00-8:45 MS ◆	THE CUT <i>Jason Brown</i>	8:15-9:15 PR ◆	Precision Run@ <i>Shaimaa Masoud</i>
6:30-7:15 MS ◆	Master of One <i>Drea Marchesi</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Austin Hollingshead</i>	6:30-7:15 MS ◆	Stacked! <i>Nikki Elliott</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Kat Colla</i>	7:15-8:15 YS ◆	Athletic Yoga <i>Dylan Drew</i>	8:15-9:15 PR ◆	Precision Run: Circuit <i>Jenia Koroleva</i>	9:00-9:45 MS ◆	Tabata Max <i>Jeff McMullen</i>
7:15-8:10 YS ◆	Trilogy Barre <i>Dane Sorensen</i>	7:00-7:45 MS ◆	Best Butt Ever <i>Jennifer Brown</i>	7:15-8:10 YS ◆	Trilogy Barre <i>Dane Sorensen</i>	7:00-7:45 MS ◆	Cardio Sculpt <i>Jennifer Brown</i>	7:45-8:30 MS ◆	Tabata Max <i>Jennifer Padilla</i>	8:30-9:15 CS ◆	Cycle Power <i>Justin Rubin</i>	10:00-10:45 MS ◆	Cardio Dance <i>Dane Sorensen</i>
7:45-8:30 MS ◆	METCON3 <i>Jenia Koroleva</i>	7:15-8:15 PR ◆	Precision Run: Circuit <i>Emily Stubler</i>	7:45-8:30 MS ◆	Ropes and Rowers <i>Emily Stubler</i>	7:15-8:15 PR ◆	Precision Run@ <i>Ross Neumann</i>	9:30-10:15 CS ◆	Cycle Power <i>Tracy Bradley</i>	8:45-9:30 YS ◆	Barre <i>Jennifer Brown</i>	10:15-11:15 PR ◆	Precision Run@ <i>Ross Neumann</i>
8:30-9:30 YS ◆	Athletic Yoga <i>Kate Willson</i>	8:00-8:45 YS ◆	True Barre <i>Jennifer Brown</i>	8:30-9:30 YS ◆	Yoga Strong <i>Valeriya Rimer</i>	8:00-8:45 YS ◆	Pilates Mat <i>Jaelyn Betham</i>	10:30-11:15 MS ◆	Body Sculpt <i>Kari McKillip</i>	9:00-9:45 MS ◆	METCON3 <i>Tracy Bradley</i>	10:30-11:15 CS ◆	Cycle Power <i>Annelisa Moody</i>
9:30-10:15 CS ◆	Cycle Beats <i>Annelisa Moody</i>	9:00-9:45 MS ◆	Stacked! <i>Jason Brown</i>	9:30-10:30 PR ◆	Precision Run@ <i>Shaimaa Masoud</i>	9:00-9:45 MS ◆	METCON3 <i>Jason Brown</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Sarra Morton</i>	9:30-10:30 PR ◆	Precision Run@ <i>Jenia Koroleva</i>	11:00-12:00 YS ◆	Athletic Yoga <i>Robert Astalos</i>
10:30-11:15 MS ◆	Best Butt Ever <i>Daxton Bloomquist</i>	10:15-11:00 MS ◆	Cardio Sculpt + Best Abs Ever <i>Lindsay B. Davis</i>	10:30-11:15 MS ◆	Body Sculpt <i>Arielle Creager</i>	10:15-11:00 MS ◆	STRONG <i>Drea Marchesi</i>	12:30-1:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Jeff McMullen</i>	9:45-10:45 YS ◆	Hatha Yoga <i>Shazi Usman</i>	11:15-12:00 MS ◆	Master of One <i>Alexis Harell</i>
12:00-12:45 MS ◆	EQX Barre Bum <i>Jennifer Brown</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Steve Jones</i>	12:00-12:45 YS ◆	Barre <i>Nicholas Duran</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Austin Hollingshead</i>	4:30-5:15 MS ◆	Cardio Dance <i>Kierstan Hernandez</i>	10:00-10:45 MS ◆	Best Butt Ever <i>Jennifer Brown</i>	4:30-5:30 YS ◆	Restorative Yoga <i>Aren Wolf</i>
12:30-1:30 PR ◆	Precision Run@ <i>Daxton Bloomquist</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Lindsey Valdez</i>	12:30-1:30 PR ◆	Precision Run@ <i>Jenia Koroleva</i>	12:00-1:00 YS ◆	Vinyasa Yoga + Meditation <i>Lindsey Valdez</i>	5:00-6:00 YS ◆	Athletic Yoga <i>Martize Joubert</i>	11:00-12:15 YS ◆	Vinyasa Yoga <i>Jennifer Galardi</i>		
4:30-5:15 MS ◆	Cardio Boxing <i>Cody Stoute</i>	4:00-4:45 MS ◆	Best Butt Ever + Best Abs Ever <i>Jennifer Padilla</i>	4:30-5:15 MS ◆	Firestarter + Best Abs Ever <i>Drea Marchesi</i>	1:00-2:00 PR ◆	Precision Run@ <i>Shaimaa Masoud</i>	5:30-6:30 PR ◆	Athletic Yoga <i>Martize Joubert</i>	11:15-12:00 CS ◆	Cycle Beats <i>Stephanie Carter</i>		
5:00-5:45 YS ◆	Barre <i>Jennifer Hamison</i>	4:15-5:00 YS ◆	Pilates Fusion <i>Jaelyn Betham</i>	5:00-5:45 YS ◆	Barre <i>Alexandra Shepherd</i>	4:00-4:45 MS ◆	Cardio Boxing <i>Cody Stoute</i>	5:30-6:30 PR ◆	Precision Run@ <i>Jason Greenwald</i>	12:00-1:00 PR ◆	Precision Run@ <i>Shaimaa Masoud</i>		
5:30-6:30 PR ◆	Precision Run@ <i>David Siik</i>	5:00-6:00 PR ◆	Precision Run@ <i>Jennifer Padilla</i>	5:30-6:30 PR ◆	Precision Run: Circuit <i>Jenia Koroleva</i>	4:15-5:00 YS ◆	Trilogy Barre <i>Amy Bishop</i>						
6:00-6:45 MS ◆	Athletic Conditioning <i>Drea Marchesi</i>	5:15-6:15 YS ◆	Gentle Yoga + Meditation <i>Heather D.</i>	6:00-6:45 MS ◆	Athletic Conditioning <i>Emily Stubler</i>	5:00-6:00 PR ◆	Precision Run@ <i>Jenia Koroleva</i>						
6:30-7:15 CS ◆	Cycle Beats <i>Meg Mauro</i>	5:30-6:15 CS ◆	Cycle Beats <i>Nicholas Duran</i>	6:30-7:15 CS ◆	Cycle Power <i>Latif Diop</i>	5:15-6:00 YS ◆	Pilates Fusion <i>Dane Sorensen</i>						
6:45-7:45 YS ◆	Athletic Yoga <i>Valeriya Rimer</i>	6:00-6:45 MS ◆	METCON3 <i>Ian Culbertson</i>	6:45-7:45 YS ◆	Vinyasa Yoga <i>Lindsey Valdez</i>	5:30-6:15 CS ◆	Cycle Power <i>Kathy Habert</i>						
7:00-8:00 PR ◆	Precision Run: Circuit <i>David Siik</i>	6:15-7:15 PR ◆	Precision Run@ <i>Ross Neumann</i>	7:00-8:00 PR ◆	Precision Run@ <i>Emily Stubler</i>	6:00-6:45 MS ◆	PURE STRENGTH <i>Ian Culbertson</i>						
		6:30-7:15 YS ◆	Soundbath and Meditation <i>Heather D.</i>			6:15-7:15 PR ◆	Precision Run: Circuit <i>Jenia Koroleva</i>						
						6:30-7:30 YS ◆	Vinyasa Yoga <i>Dylan Drew</i>						

EQUINOX

SANTA MONICA

201 SANTA MONICA
BOULEVARD
SANTA MONICA CA 90401
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 9:00PM

FRI: 5:00AM - 8:00PM

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

KID'S CLUB HOURS

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

SAT - SUN: 8:00AM - 12:00PM

GROUP FITNESS MANAGER

jennifer.brown@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

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
PR	PR Lab

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: CIRCUIT A track and field-based treadmill workout, created by running expert, David Siik. Combine intervals and drills using customized bands to increase your strength and speed. An Equinox exclusive.

PRECISION RUNS 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.

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.

HATHA YOGA A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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 + 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.

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.

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

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.

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.

TRIOLOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

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.

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

CARDIO BOXING Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

STRETCH AND RECOVERY

SOUNDBATH AND MEDITATION A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

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.

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.

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.

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.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn 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.