

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS ◆ <i>Cycle Beats Allison Winter</i>	6:00-6:45 MS ◆ <i>Tabata Max Allison Winter</i>	6:15-7:00 YS ◆ <i>Off The Barre Nicholas Duran</i>	6:15-7:00 MS ◆ <i>Stacked! Derek Capps</i>	6:00-6:45 MS ◆ <i>METCON3 Kari McKillip</i>	6:15-7:00 YS ◆ <i>Firestarter + Best Abs Ever Dave Leong</i>	6:00-6:45 CS ◆ <i>Cycle Power Karen Schneider</i>	6:00-6:45 MS ◆ <i>Tabata Max + Best Abs Ever Jason Greenwald</i>	6:15-7:00 MS ◆ <i>Athletic Conditioning Jenia Koroleva</i>	6:15-7:00 MS ◆ <i>Pilates Fusion Zelda Peterson</i>	6:15-7:00 YS ◆ <i>Precision Run@ Jason Greenwald</i>	8:15-9:00 CS ◆ <i>Cycle Power Raphy Landovitz</i>	8:15-9:00 CS ◆ <i>Cycle Power Raphy Landovitz</i>	8:15-9:00 CS ◆ <i>Cycle Power Raphy Landovitz</i>
6:15-7:00 MS ◆ <i>METCON3 Derek Capps</i>	6:15-7:00 YS ◆ <i>Off The Barre Nicholas Duran</i>	6:30-7:15 CS ◆ <i>Cycle Power Ronit Koren</i>	7:00-7:45 TR ◆ <i>Elevate Sara McGowan</i>	6:30-7:15 CS ◆ <i>Cycle Beats Ronit Koren</i>	5:15-6:00 MS ◆ <i>Stacked! Alexis Harrell</i>	6:15-7:00 TR ◆ <i>Precision Run@ Jennifer Padilla</i>	6:15-7:00 TR ◆ <i>Precision Run@ Jennifer Padilla</i>	7:15-8:00 CS ◆ <i>Cycle Power Karen Schneider</i>	8:30-9:15 TR ◆ <i>Precision Run@ Jason Greenwald</i>	9:15-10:15 YS ◆ <i>Vinyasa Yoga Cara Chandler</i>	9:00-9:45 MS ◆ <i>Athletic Conditioning Andre Aultmon</i>	9:00-9:45 MS ◆ <i>Athletic Conditioning Andre Aultmon</i>	9:00-9:45 MS ◆ <i>Athletic Conditioning Andre Aultmon</i>
7:15-8:15 YS ◆ <i>Vinyasa Yoga Shielu Bharwani</i>	6:30-7:15 CS ◆ <i>Cycle Power Ronit Koren</i>	7:15-8:00 CS ◆ <i>Cycle Beats Jason Greenwald</i>	7:15-8:00 CS ◆ <i>Cycle Beats Jason Greenwald</i>	7:15-8:15 YS ◆ <i>Vinyasa Yoga Dylan Drew</i>	6:00-6:45 CS ◆ <i>Cycle Power Annelisa Moody</i>	6:30-7:30 YS ◆ <i>Athletic Yoga Buddy Macuha</i>	7:15-8:00 TR ◆ <i>Precision Run@ Jenia Koroleva</i>	7:15-8:00 TR ◆ <i>Precision Run@ Jenia Koroleva</i>	9:30-10:15 CS ◆ <i>Cycle Beats Kyra Manayan</i>	10:00-11:15 YS ◆ <i>Hatha Yoga Clio Manuelian</i>	10:00-11:15 YS ◆ <i>Hatha Yoga Clio Manuelian</i>	10:00-11:15 YS ◆ <i>Hatha Yoga Clio Manuelian</i>	10:00-11:15 YS ◆ <i>Hatha Yoga Clio Manuelian</i>
8:00-8:45 MS ◆ <i>4X4 Elle Young</i>	7:15-8:15 YS ◆ <i>Athletic Yoga Dylan Drew</i>	7:30-8:15 YS ◆ <i>Pilates Fusion Amber Adams</i>	7:30-8:15 YS ◆ <i>Pilates Fusion Amber Adams</i>	8:00-8:45 MS ◆ <i>STRONG Elle Young</i>	6:15-7:00 TR ◆ <i>Precision Run@ Alexis Harrell</i>	6:45-7:30 MS ◆ <i>Cardio Boxing Kari McKillip</i>	8:00-8:45 YS ◆ <i>Vinyasa Yoga (HEATED) Tara Zinnamon</i>	8:00-8:45 YS ◆ <i>Vinyasa Yoga (HEATED) Tara Zinnamon</i>	10:15-11:00 MS ◆ <i>Ropes and Rowers Jason Greenwald</i>	11:00-11:45 CS ◆ <i>Cycle Beats Lindsay B. Davis</i>	11:00-11:45 CS ◆ <i>Cycle Beats Lindsay B. Davis</i>	11:00-11:45 CS ◆ <i>Cycle Beats Lindsay B. Davis</i>	11:00-11:45 CS ◆ <i>Cycle Beats Lindsay B. Davis</i>
10:15-11:00 MS ◆ <i>Body Sculpt Nicholas Duran</i>	8:15-9:00 TR ◆ <i>Elevate Jason Greenwald</i>	8:00-8:45 MS ◆ <i>STRONG Elle Young</i>	8:00-8:45 MS ◆ <i>STRONG Elle Young</i>	9:15-10:15 YS ◆ <i>Regeneration Yoga Skip Jennings</i>	5:00-6:00 YS ◆ <i>Restorative Yoga Kate Willson</i>		9:15-10:00 YS ◆ <i>Pilates Fusion Amber Adams</i>	9:15-10:00 YS ◆ <i>Pilates Fusion Amber Adams</i>	11:30-12:45 YS ◆ <i>Vinyasa Yoga Emilie Perz</i>	11:45-12:30 MS ◆ <i>Cardio Dance Kierstan Hernandez</i>			
12:00-12:45 YS ◆ <i>Vinyasa Yoga Austin Hollingshead</i>	9:15-10:15 YS ◆ <i>Regeneration Yoga Skip Jennings</i>	9:00-10:00 YS ◆ <i>Athletic Yoga Pasquale Guiducci</i>	9:00-10:00 YS ◆ <i>Athletic Yoga Pasquale Guiducci</i>	12:00-12:45 YS ◆ <i>Off The Barre Nicholas Duran</i>	5:15-6:00 MS ◆ <i>Stacked! Alexis Harrell</i>		10:00-10:45 CS ◆ <i>Cycle Beats Kyra Stahr</i>	10:00-10:45 CS ◆ <i>Cycle Beats Kyra Stahr</i>					
12:15-1:00 TR ◆ <i>Elevate Shaimaa Masoud</i>	9:30-10:15 MS ◆ <i>Best Butt Ever Jason Greenwald</i>	10:15-11:00 MS ◆ <i>EQX Barre Bum Dane Sorensen</i>	10:15-11:00 MS ◆ <i>EQX Barre Bum Dane Sorensen</i>	12:00-12:45 YS ◆ <i>Pilates Fusion Cynthia San Luis</i>	6:00-6:45 CS ◆ <i>Cycle Power Annelisa Moody</i>		10:15-11:00 MS ◆ <i>STRONG Jada Kelly</i>	10:15-11:00 MS ◆ <i>STRONG Jada Kelly</i>					
1:00-1:45 MS ◆ <i>Tabata Max + Best Abs Ever Taliah Mekki</i>	12:00-12:45 YS ◆ <i>Pilates Fusion Dane Sorensen</i>	12:00-12:45 YS ◆ <i>Vinyasa Yoga Austin Hollingshead</i>	12:00-12:45 YS ◆ <i>Vinyasa Yoga Austin Hollingshead</i>	12:30-1:15 TR ◆ <i>Precision Run@ Jenia Koroleva</i>	6:15-7:00 TR ◆ <i>Precision Run@ Alexis Harrell</i>		1:00-1:45 YS ◆ <i>Vinyasa Yoga Amy Bishop</i>	1:00-1:45 YS ◆ <i>Athletic Yoga Pia Kamonsit</i>	1:00-1:45 MS ◆ <i>Tabata Max Drea Marchesi</i>				
5:00-6:00 YS ◆ <i>Vinyasa Yoga Kate Willson</i>	12:15-1:00 TR ◆ <i>Precision Run@ Jenia Koroleva</i>	1:00-1:45 MS ◆ <i>Cardio Sculpt Taliah Mekki</i>	1:00-1:45 MS ◆ <i>Cardio Sculpt Taliah Mekki</i>	12:00-12:45 YS ◆ <i>Off The Barre Nicholas Duran</i>	6:30-7:00 TR ◆ <i>Precision Run@ Alexis Harrell</i>		1:00-2:00 YS ◆ <i>Vinyasa Yoga Amy Bishop</i>	1:00-1:45 MS ◆ <i>Tabata Max Drea Marchesi</i>	3:30-4:15 YS ◆ <i>Restorative Yoga Tara Zinnamon</i>				
5:15-6:00 MS ◆ <i>Best Butt Ever Jennifer Padilla</i>	12:30-1:15 MS ◆ <i>THE CUT Kari McKillip</i>	5:00-6:00 YS ◆ <i>Restorative Yoga Kate Willson</i>	5:00-6:00 YS ◆ <i>Restorative Yoga Kate Willson</i>	12:30-1:15 TR ◆ <i>Precision Run@ Jenia Koroleva</i>	6:30-7:30 YS ◆ <i>Vinyasa Yoga Shielu Bharwani</i>		5:15-6:00 MS ◆ <i>Tabata Max + Best Abs Ever Jason Greenwald</i>	1:00-1:45 MS ◆ <i>Tabata Max Drea Marchesi</i>	5:15-6:00 MS ◆ <i>THE CUT Fiona Hwang</i>				
6:00-6:45 CS ◆ <i>Cycle Power Karen Schneider</i>	5:15-6:00 MS ◆ <i>Firestarter + Best Abs Ever Dave Leong</i>	5:15-6:00 MS ◆ <i>Stacked! Alexis Harrell</i>	5:15-6:00 MS ◆ <i>Stacked! Alexis Harrell</i>	12:30-1:15 TR ◆ <i>Precision Run@ Jenia Koroleva</i>	6:45-7:30 YS ◆ <i>Pilates Fusion Meri Bobber</i>		5:30-6:30 YS ◆ <i>Vinyasa Yoga + Meditation Buddy Macuha</i>	3:30-4:15 YS ◆ <i>Restorative Yoga Tara Zinnamon</i>	5:15-6:00 MS ◆ <i>THE CUT Fiona Hwang</i>				
6:15-7:00 TR ◆ <i>Precision Run@ Jennifer Padilla</i>	5:30-6:30 YS ◆ <i>Vinyasa Yoga Emmie Danza</i>	6:00-6:45 CS ◆ <i>Cycle Power Annelisa Moody</i>	6:00-6:45 CS ◆ <i>Cycle Power Annelisa Moody</i>	1:00-2:00 YS ◆ <i>Vinyasa Yoga Amy Bishop</i>			6:00-6:45 CS ◆ <i>Cycle Beats Allison Winter</i>						
6:30-7:30 YS ◆ <i>Athletic Yoga Buddy Macuha</i>	6:00-6:45 CS ◆ <i>Cycle Beats Jason Greenwald</i>	6:15-7:00 TR ◆ <i>Precision Run@ Alexis Harrell</i>	6:15-7:00 TR ◆ <i>Precision Run@ Alexis Harrell</i>	1:00-2:00 YS ◆ <i>Vinyasa Yoga Amy Bishop</i>			6:30-7:15 MS ◆ <i>STRONG Monique Bell</i>						
6:45-7:30 MS ◆ <i>Cardio Boxing Kari McKillip</i>	6:30-7:15 MS ◆ <i>METCON3 Monique Bell</i>	6:30-7:30 YS ◆ <i>Vinyasa Yoga Shielu Bharwani</i>	6:30-7:30 YS ◆ <i>Vinyasa Yoga Shielu Bharwani</i>	1:00-2:00 YS ◆ <i>Vinyasa Yoga Amy Bishop</i>									
	6:45-7:30 YS ◆ <i>Pilates Fusion Meri Bobber</i>	6:45-7:30 MS ◆ <i>Kettlebell Power Lauren Cashatt</i>	6:45-7:30 MS ◆ <i>Kettlebell Power Lauren Cashatt</i>	1:00-2:00 YS ◆ <i>Vinyasa Yoga Amy Bishop</i>									

EQUINOX

WESTWOOD

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MON - THU: 5:00AM - 9:00PM
FRI: 5:00AM - 8:00PM
SAT - SUN: 7:00AM - 5:00PM

GROUP FITNESS MANAGER

sara.mcgowan@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
TR	Treadmill Area
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.

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.

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.

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.

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.

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.

TABATA MAX + BEST ABS EVER A challenging mash-up of Equinox classics. Tabata is the HIIT workout protocol where your rest is always shorter than your work and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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 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

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.

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.

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?

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.

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.

KETTLEBELL POWER This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

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.

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. 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.