

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆ STRONG <i>Candyce Heather</i>	6:45-7:30 TR ◆ Precision Run® <i>Todd German</i>	6:30-7:15 MS ◆ Whipped! <i>Sophie Grise</i>	6:45-7:30 MS ◆ Athletic Conditioning <i>Michelle Tanzer</i>	6:30-7:15 MS ◆ METCON3 <i>Team Equinox</i>	6:30-7:15 MS ◆ Cycle Power <i>Trudy Stevens</i>	8:00-8:45 CS ◆ Cycle Power <i>Stephanie Walsh</i>	8:30-9:15 YS ◆ Athletic Yoga <i>Anissa Tanaka</i>	8:00-8:45 CS ◆ Stacked! <i>Sophie Grise</i>	8:30-9:15 YS ◆ Vinyasa Yoga <i>Shielu Bharwani</i>	8:00-8:45 CS ◆ Cycle Power <i>Adam Johansson</i>	8:00-9:15 CS ◆ Stacked! <i>Sophie Grise</i>	8:30-9:15 YS ◆ Vinyasa Yoga <i>Shielu Bharwani</i>	8:30-9:15 MS ◆ Cycle Power <i>Todd German</i>
8:45-9:45 YS ◆ Vinyasa Yoga <i>Krista Kubik</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Anissa Tanaka</i>	8:45-9:45 YS ◆ Athletic Yoga <i>Xavier Wallace</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Anissa Tanaka</i>	8:45-9:45 YS ◆ STRONG <i>Elle Young</i>	8:45-9:45 YS ◆ Athletic Yoga <i>Shannon Branham</i>	8:15-9:00 MS ◆ Stacked! <i>Sophie Grise</i>	8:45-9:45 YS ◆ Yoga Strong <i>Amy Malloy</i>	9:00-9:45 MS ◆ STRONG <i>Elle Young</i>	9:30-10:15 CS ◆ Cycle Power <i>Laura S. Conley</i>	9:30-10:15 CS ◆ Cycle Power <i>Adam Johansson</i>	9:30-10:15 MS ◆ STRONG <i>Trudy Stevens</i>	9:30-10:15 MS ◆ METCON3 <i>Todd German</i>	9:00-10:00 YS ◆ Power Yoga + Meditation <i>Janelle Jajeh</i>
9:00-9:45 MS ◆ Cardio Sculpt <i>Amy Malloy</i>	8:30-9:15 CS ◆ Cycle Power <i>Adam Johansson</i>	9:00-9:45 MS ◆ METCON3 <i>Trudy Stevens</i>	8:30-9:15 CS ◆ Cycle Power <i>Adam Johansson</i>	9:30-10:15 MS ◆ Off The Barre <i>Amy Malloy</i>	9:30-10:15 CS ◆ Athletic Yoga <i>Shannon Branham</i>	9:30-10:15 CS ◆ Cycle Power <i>Adam Johansson</i>	9:30-10:15 MS ◆ Body Sculpt <i>Candyce Heather</i>	9:30-10:15 CS ◆ Off The Barre <i>Amy Malloy</i>	10:30-11:15 YS ◆ Off The Barre <i>Amy Malloy</i>	9:45-10:30 MS ◆ STRONG <i>Trudy Stevens</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>	9:30-10:15 MS ◆ METCON3 <i>Todd German</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
9:30-10:15 CS ◆ Cycle Power <i>Trudy Stevens</i>	8:45-9:45 YS ◆ Athletic Yoga <i>Shannon Branham</i>	9:30-10:15 CS ◆ Cycle Beats <i>Mikel Weiss</i>	8:45-9:35 YS ◆ Pilates Mat <i>Aleesa Lapiere</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Shannon Branham</i>	10:00-11:00 MS ◆ Best Butt Ever <i>Trevor Kent</i>	10:00-10:45 CS ◆ STRONG <i>Trudy Stevens</i>	9:30-10:15 MS ◆ Body Sculpt <i>Candyce Heather</i>	10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:45-11:45 YS ◆ Yin Yoga <i>Shannon Branham</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>	9:30-10:15 MS ◆ METCON3 <i>Todd German</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
10:15-11:15 YS ◆ Vinyasa Yoga <i>Shielu Bharwani</i>	9:00-9:45 MS ◆ Stacked! <i>Sheila Lee</i>	10:15-11:15 YS ◆ Vinyasa Yoga <i>Amy Malloy</i>	9:30-10:15 MS ◆ Studio Dance <i>Dani Yousefivand</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Shannon Branham</i>	10:30-11:15 YS ◆ Best Butt Ever <i>Trevor Kent</i>	10:45-11:30 MS ◆ STRONG <i>Blake Sunshine</i>	10:30-11:15 MS ◆ Body Sculpt <i>Candyce Heather</i>	10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	11:00-11:45 MS ◆ Cardio Dance <i>Margaret Egan</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>	9:30-10:15 MS ◆ METCON3 <i>Todd German</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
10:30-11:15 MS ◆ Best Butt Ever <i>Amy Malloy</i>	10:00-10:50 YS ◆ Pilates Mat <i>Trevor Kent</i>	10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:45-11:30 MS ◆ Studio Dance <i>Dani Yousefivand</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Shannon Branham</i>	10:30-11:15 YS ◆ Best Butt Ever <i>Trevor Kent</i>	11:00-11:45 MS ◆ Cardio Dance <i>Margaret Egan</i>	10:30-11:15 MS ◆ Body Sculpt <i>Candyce Heather</i>	10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>		10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>	9:30-10:15 MS ◆ METCON3 <i>Todd German</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
12:30-1:15 MS ◆ METCON3 <i>Laura S. Conley</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Candyce Heather</i>	12:30-1:15 MS ◆ Master of One <i>Elle Young</i>	12:30-1:30 MS ◆ Yoga Strong <i>Shannon Branham</i>	12:30-1:15 MS ◆ STRONG <i>Blake Sunshine</i>	12:30-1:15 MS ◆ Best Butt Ever <i>Trevor Kent</i>		12:30-1:30 MS ◆ Yoga Strong <i>Shannon Branham</i>	12:30-1:15 MS ◆ Master of One <i>Elle Young</i>	12:30-1:15 MS ◆ STRONG <i>Blake Sunshine</i>			10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
5:00-5:45 MS ◆ Stacked! + Best Abs Ever <i>Trudy Stevens</i>	12:30-1:15 MS ◆ Tabata Max <i>Trudy Stevens</i>	5:00-5:45 MS ◆ METCON3 <i>Trudy Stevens</i>	5:00-5:45 MS ◆ Firestarter + Best Abs Ever <i>Delandis McClam</i>	5:00-5:30 MS ◆ Best Butt Ever <i>Candyce Heather</i>	5:00-5:45 MS ◆ Stacked! + Best Abs Ever <i>Trudy Stevens</i>		5:00-5:45 MS ◆ Firestarter + Best Abs Ever <i>Delandis McClam</i>	5:00-5:45 MS ◆ METCON3 <i>Trudy Stevens</i>	5:00-5:30 MS ◆ Best Butt Ever <i>Candyce Heather</i>			10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
5:45-6:45 YS ◆ Vinyasa Yoga <i>Jessica Brown</i>	5:15-6:00 MS ◆ Tabata Max <i>Laura S. Conley</i>	5:45-6:45 YS ◆ Vinyasa Yoga <i>Jessica Brown</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Doug Milliron</i>	5:30-6:00 MS ◆ Best Stretch Ever <i>Candyce Heather</i>	5:45-6:45 YS ◆ Vinyasa Yoga <i>Jessica Brown</i>		6:00-7:00 YS ◆ Athletic Yoga <i>Doug Milliron</i>	5:45-6:45 YS ◆ Vinyasa Yoga <i>Jessica Brown</i>	5:30-6:00 MS ◆ Best Stretch Ever <i>Candyce Heather</i>			10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
6:00-6:45 CS ◆ Cycle Beats <i>Shai Stiggers</i>	5:45-6:30 CS ◆ Cycle Beats <i>Mikel Weiss</i>	6:00-6:45 CS ◆ Cycle Power <i>Laura S. Conley</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Doug Milliron</i>	6:00-7:00 MS ◆ Power Yoga + Meditation <i>Karen Pascual</i>	6:00-6:45 CS ◆ Cycle Power <i>Laura S. Conley</i>		6:00-7:00 YS ◆ Athletic Yoga <i>Doug Milliron</i>	6:00-6:45 CS ◆ Cycle Power <i>Laura S. Conley</i>	6:00-7:00 MS ◆ Power Yoga + Meditation <i>Karen Pascual</i>			10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
6:30-7:15 MS ◆ Tabata Max <i>Saori Soga</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Doug Milliron</i>	6:30-7:15 MS ◆ TRX Max Circuit <i>Trudy Stevens</i>	6:30-7:15 MS ◆ Tabata Max <i>Delandis McClam</i>	6:00-7:00 MS ◆ Power Yoga + Meditation <i>Karen Pascual</i>	6:30-7:15 MS ◆ TRX Max Circuit <i>Trudy Stevens</i>		6:30-7:15 MS ◆ Tabata Max <i>Delandis McClam</i>	6:30-7:15 MS ◆ TRX Max Circuit <i>Trudy Stevens</i>	6:00-7:00 MS ◆ Power Yoga + Meditation <i>Karen Pascual</i>			10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>
	6:30-7:15 MS ◆ Athletic Conditioning <i>Michelle Tanzer</i>											10:30-11:15 MS ◆ Off The Barre <i>Dani Yousefivand</i>	10:00-10:45 CS ◆ Cycle Beats <i>Dan Rappa</i>

EQUINOX

WOODLAND HILLS

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MON - THU: 6:00AM - 9:00PM

FRI: 6:00AM - 8:00PM

SAT - SUN: 7:00AM - 5:00PM

GROUP FITNESS MANAGER

trudystevens@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
MS	Main Studio
TR	Treadmill Area

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 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.

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.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

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.

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.

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.

STACKED! + BEST ABS EVER A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery, and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

TRX MAX CIRCUIT A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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.

OFF THE BARRE This off-the-bare class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

PILATES

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.

DANCINERATE™ Dance Fitness Expert Ilyse Baker's national dance fitness method "Dancinerate™" teaches you to bum with the beat. Dance step by step in an accessible workout that will tighten and tone, and empower you to reach beyond your comfort zone, have fun and lose yourself in the movement.

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

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

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.