

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆ Tabata Max <i>Nikki Elliott</i>	7:15-8:00 CS ◆ Cycle Beats <i>Raphy Landovitz</i>	6:15-7:00 TR ◆ Precision Run® <i>Jenia Koroleva</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Derek Capps</i>	6:30-7:15 MS ◆ Stacked! <i>Emily Stubler</i>	7:15-8:00 CS ◆ Cycle Power <i>Kathy Habert</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Ian Culbertson</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jocelyn Solomon</i>	6:30-7:15 MS ◆ Off The Barre <i>Jennifer Harrison</i>	7:15-8:00 CS ◆ Cycle Beats <i>Annelisa Mbody</i>	8:00-8:45 MS ◆ Athletic Conditioning <i>Marzena Janasik</i>	8:00-8:45 MS ◆ PURE STRENGTH <i>Kim Masinter</i>	8:45-9:30 YS ◆ Pilates Fusion <i>Cory London</i>	9:00-9:45 CS ◆ Cycle Beats <i>Sara McGowan</i>
8:15-9:00 MS ◆ Master of One <i>Tracy Bradley</i>	8:45-9:30 TR ◆ Elevate <i>Sara McGowan</i>	7:00-8:00 YS ◆ Yoga Strong <i>Alexandra Shepherd</i>	8:15-9:00 CS ◆ Cycle Beats <i>Sara McGowan</i>	7:30-8:15 YS ◆ Pilates Fusion <i>Monica Diederich</i>	8:15-9:00 MS ◆ Best Butt Ever <i>Drea Marchesi</i>	8:30-9:15 MS ◆ Tabata Max <i>Derek Ringold</i>	8:45-9:30 TR ◆ Elevate <i>Sara McGowan</i>	8:45-9:30 TR ◆ Precision Run® <i>Ross Neumann</i>	8:15-9:00 MS ◆ METCON3 <i>Taliah Mekki</i>	9:00-9:45 MS ◆ THE CUT <i>Fiona Hwang</i>	9:00-9:45 CS ◆ Cycle Beats <i>Kristen Fox</i>	9:45-10:45 YS ◆ Spirit Yoga <i>Jen E. Smith</i>	9:45-10:45 CS ◆ Cycle Beats <i>Kristen Fox</i>
9:00-10:00 YS ◆ Hatha Yoga <i>Aren Wolf</i>	9:30-10:15 MS ◆ Off The Barre <i>Dane Sorensen</i>	8:15-9:00 CS ◆ Cycle Beats <i>Sara McGowan</i>	8:30-9:15 MS ◆ Cardio Sculpt <i>Kristen Fox</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Lindsey Valdez</i>	9:00-10:00 MS ◆ Vinyasa Yoga <i>Lindsey Valdez</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Malachi Grieves</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	9:30-10:15 MS ◆ Best Butt Ever + Best Abs Ever <i>Jennifer Padilla</i>	9:15-10:15 YS ◆ Vinyasa Yoga <i>Valerya Rimer</i>	9:30-10:15 TR ◆ Precision Run® <i>Sara McGowan</i>	10:00-10:45 MS ◆ METCON3 <i>Alexis Harell</i>	10:00-10:45 MS ◆ METCON3 <i>Alexis Harell</i>
9:45-10:30 CS ◆ Cycle Beats <i>Jen E. Smith</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Kaf Colla</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Malachi Grieves</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Kristen Fox</i>	9:30-10:15 MS ◆ Tabata Max + Best Abs Ever <i>Jennifer Padilla</i>	9:45-10:30 CS ◆ Cycle Power <i>Sara McGowan</i>	9:45-10:30 CS ◆ Cycle Beats <i>Rene Wiley</i>	9:45-10:30 CS ◆ Cycle Beats <i>Rene Wiley</i>	9:45-10:30 CS ◆ Cycle Beats <i>Latif Diop</i>	10:45-11:45 YS ◆ Yoga Strong <i>Kate Stone</i>	10:15-11:00 CS ◆ Cycle Power <i>George Wyhinny</i>	10:00-10:45 MS ◆ Off The Barre <i>Dane Sorensen</i>	12:30-1:30 YS ◆ Athletic Yoga <i>Dylan Drew</i>	3:00-4:00 YS ◆ Restorative Yoga <i>Kiyomi Takahashi</i>
12:15-1:00 YS ◆ Pilates Fusion <i>Jaelyn Betham</i>	12:15-1:00 MS ◆ Pilates Fusion <i>Jaelyn Betham</i>	10:20-10:50 MS ◆ Best Stretch Ever <i>Jaelyn Betham</i>	10:20-10:50 MS ◆ Best Stretch Ever <i>Jaelyn Betham</i>	12:15-1:00 YS ◆ Pilates Fusion <i>Sarah Croce</i>	12:15-1:00 MS ◆ Cardio Dance <i>Dane Sorensen</i>	12:15-1:00 MS ◆ Cardio Dance <i>Dane Sorensen</i>	12:15-1:00 MS ◆ Body Sculpt <i>Kari McKillip</i>	12:15-1:00 MS ◆ Body Sculpt <i>Kari McKillip</i>	11:15-12:15 YS ◆ Vinyasa Yoga <i>Robert Astalos</i>	11:15-12:15 YS ◆ Vinyasa Yoga <i>Robert Astalos</i>			
5:15-6:00 TR ◆ Precision Run® <i>Sara McGowan</i>	5:30-6:15 MS ◆ Ropes and Rowers <i>Ian Culbertson</i>	12:15-1:00 MS ◆ Off The Barre <i>Nicholas Duran</i>	5:30-6:15 MS ◆ METCON3 <i>Jada Kelly</i>	4:00-4:45 MS ◆ Cardio Dance <i>Kierstan Hernandez</i>	5:15-6:00 TR ◆ Precision Run® <i>Rene Wiley</i>	5:15-6:00 CS ◆ Cycle Beats <i>Nicholas Duran</i>	5:00-5:45 MS ◆ Athletic Conditioning <i>Juan Hidalgo</i>	5:00-5:45 MS ◆ Athletic Conditioning <i>Juan Hidalgo</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Jaelyn Betham</i>				
6:00-7:00 YS ◆ Hatha Yoga <i>Tara Zinnamon</i>	6:15-7:00 CS ◆ Cycle Beats <i>Latif Diop</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Austin Hollingshead</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Austin Hollingshead</i>	5:15-6:00 TR ◆ Precision Run® <i>Rene Wiley</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Austin Hollingshead</i>	5:30-6:15 MS ◆ Tabata Max <i>Heidi Carignan</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Jaelyn Betham</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Jaelyn Betham</i>					
6:30-7:15 MS ◆ Master of One <i>Kathy Habert</i>	6:30-7:15 MS ◆ Off The Barre <i>Dane Sorensen</i>	6:15-7:00 CS ◆ Cycle Power <i>Annelisa Moody</i>	6:15-7:00 CS ◆ Cycle Power <i>Annelisa Moody</i>	5:30-6:15 MS ◆ Athletic Conditioning <i>Titus-Ricard Baldwin</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Michelle Razavi</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Michelle Razavi</i>							
	7:15-8:15 YS ◆ Regeneration Yoga <i>Kristie Rose</i>	6:30-7:15 MS ◆ Off The Barre <i>Dane Sorensen</i>	7:15-8:15 YS ◆ Regeneration Yoga <i>Kristie Rose</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Michelle Razavi</i>	6:15-7:00 CS ◆ Cycle Beats <i>Rene Wiley</i>	6:30-7:15 MS ◆ Best Butt Ever + Best Abs Ever <i>Michelle Razavi</i>							

EQUINOX

MARINA DEL REY

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

FRI: 5:00AM - 8:00PM

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

KID'S CLUB HOURS

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

GROUP FITNESS MANAGER

delf.enriquez@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 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.

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.

SPIRIT YOGA An open class focused on clearing your mind and connecting with your body through meditative poses.

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.

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.

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

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

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

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

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.

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.

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.

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. 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.