

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆ Barre <i>Stephanie Hall</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Rachel Ross</i>	6:00-6:45 CS ◆ Cycle Beats <i>Sam Benjimen</i>	6:30-7:15 MS ◆ METCON3 <i>Jill Brown</i>	6:30-7:15 MS ◆ Vinyasa Yoga <i>Rachel Ross</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Rachel Ross</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Andrew Blake Ames</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Andrew Blake Ames</i>	6:30-7:15 MS ◆ Tabata Max <i>Derek Ringold</i>	7:00-8:00 YS ◆ Pilates Fusion <i>Jill Brown</i>	8:30-9:30 YS ◆ Pilates Mat <i>Amber Adams</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Jenny Geysler</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Jenny Geysler</i>	9:00-9:45 MS ◆ Stacked! <i>U. B. Sanchez</i>
7:15-8:00 CS ◆ Cycle Power <i>Stephanie Walsh</i>	7:15-8:00 YS ◆ Cardio Sculpt <i>Stephanie Hall</i>	6:45-7:30 TR ◆ Elevate <i>Shaimaa Masoud</i>	7:15-8:00 YS ◆ EQX Barre Bum <i>Mathew Makings</i>	7:15-8:00 CS ◆ Cycle Power <i>George Wyhinny</i>	7:15-8:00 CS ◆ Tabata Max <i>Derek Ringold</i>	6:45-7:30 TR ◆ Elevate <i>Jenia Koroleva</i>	6:45-7:30 TR ◆ Elevate <i>Jenia Koroleva</i>	7:15-8:00 MS ◆ METCON3 <i>Andre Aultmon</i>	7:15-8:00 CS ◆ Cycle Beats <i>George Wyhinny</i>	9:00-9:45 MS ◆ Stacked! <i>U. B. Sanchez</i>	9:00-9:45 MS ◆ Stacked! <i>U. B. Sanchez</i>	9:00-9:45 MS ◆ Stacked! <i>U. B. Sanchez</i>	9:00-9:45 MS ◆ Stacked! <i>U. B. Sanchez</i>
8:00-8:45 MS ◆ Cardio Sculpt <i>Stephanie Hall</i>	7:30-8:15 TR ◆ EQX Barre Bum <i>Mathew Makings</i>	7:15-8:00 YS ◆ Pilates Mat <i>Chris Stanley</i>	8:00-8:45 CS ◆ Cycle Power <i>Wil Ashley</i>	8:30-9:15 CS ◆ Cycle Beats <i>Sam Benjimen</i>	8:00-8:45 MS ◆ Tabata Max <i>Derek Ringold</i>	7:30-8:15 MS ◆ Cardio Sculpt <i>Stephanie Hall</i>	7:30-8:15 MS ◆ Cardio Sculpt <i>Stephanie Hall</i>	8:00-8:45 MS ◆ EQX Barre Bum <i>Braxton Brooks</i>	8:00-8:45 MS ◆ EQX Barre Bum <i>Braxton Brooks</i>	10:00-10:45 CS ◆ Cycle Beats <i>U. B. Sanchez</i>	10:00-10:45 CS ◆ Cycle Beats <i>U. B. Sanchez</i>	10:00-10:45 CS ◆ Cycle Beats <i>U. B. Sanchez</i>	10:00-10:45 CS ◆ Cycle Beats <i>U. B. Sanchez</i>
9:15-10:00 TR ◆ Precision Run® <i>Shaimaa Masoud</i>	8:00-8:45 CS ◆ Cycle Power <i>Wil Ashley</i>	8:30-9:15 MS ◆ Best Butt Ever + Best Abs Ever <i>Be Solomon</i>	8:30-9:15 MS ◆ Best Butt Ever + Best Abs Ever <i>Be Solomon</i>	9:30-10:15 MS ◆ EQX Barre Bum <i>Mathew Makings</i>	8:30-9:15 MS ◆ Tabata Max <i>Derek Ringold</i>	8:00-8:45 CS ◆ Cycle Beats <i>Wil Ashley</i>	8:00-8:45 CS ◆ Cycle Beats <i>Wil Ashley</i>	9:30-10:15 MS ◆ EQX Barre Bum <i>Braxton Brooks</i>	9:30-10:15 MS ◆ EQX Barre Bum <i>Braxton Brooks</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Mathew Makings</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Mathew Makings</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Mathew Makings</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Mathew Makings</i>
9:30-10:15 MS ◆ EQX Barre Bum <i>Mathew Makings</i>	9:00-10:00 YS ◆ Iyengar Yoga <i>Herbert Sandoval</i>	9:00-10:00 YS ◆ Iyengar Yoga <i>Herbert Sandoval</i>	9:00-10:00 YS ◆ Iyengar Yoga <i>Herbert Sandoval</i>	10:30-11:30 YS ◆ Iyengar Yoga <i>Herbert Sandoval</i>	9:30-10:15 MS ◆ EQX Barre Bum <i>Mathew Makings</i>	8:30-9:15 MS ◆ EQX Barre Bum <i>Be Solomon</i>	8:30-9:15 MS ◆ EQX Barre Bum <i>Be Solomon</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Braxton Brooks</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Braxton Brooks</i>	11:00-12:00 YS ◆ Vinyasa Yoga <i>Poopack Bral</i>	11:00-12:00 YS ◆ Vinyasa Yoga <i>Poopack Bral</i>	11:00-12:00 MS ◆ Athletic Conditioning <i>Andrew Blake Ames</i>	11:00-12:00 MS ◆ Athletic Conditioning <i>Andrew Blake Ames</i>
10:30-11:15 YS ◆ Pilates Mat <i>Mathew Makings</i>	10:00-10:45 MS ◆ Cardio Sculpt <i>Stephanie Hall</i>	10:00-10:45 MS ◆ Cardio Sculpt <i>Stephanie Hall</i>	10:00-10:45 MS ◆ Cardio Sculpt <i>Stephanie Hall</i>	12:00-1:00 YS ◆ Hatha Yoga <i>Tara Zinnamon</i>	10:30-11:30 YS ◆ Iyengar Yoga <i>Herbert Sandoval</i>	9:00-9:45 YS ◆ Pilates Mat <i>Mathew Makings</i>	9:00-9:45 YS ◆ Pilates Mat <i>Mathew Makings</i>	12:15-1:00 TR ◆ Precision Run® <i>Jenia Koroleva</i>	12:15-1:00 TR ◆ Precision Run® <i>Jenia Koroleva</i>	12:00-12:45 MS ◆ Cardio Dance <i>Lindsay B. Davis</i>	12:00-12:45 MS ◆ Cardio Dance <i>Lindsay B. Davis</i>	12:00-12:45 MS ◆ Cardio Dance <i>Lindsay B. Davis</i>	12:00-12:45 MS ◆ Cardio Dance <i>Lindsay B. Davis</i>
12:00-1:00 YS ◆ Yin Yoga <i>Lynn Taylor</i>	11:30-12:15 MS ◆ Barre <i>Stephanie Hall</i>	11:30-12:15 MS ◆ Barre <i>Stephanie Hall</i>	11:30-12:15 MS ◆ Barre <i>Stephanie Hall</i>	12:30-1:15 MS ◆ THE CUT <i>Kari McKillip</i>	12:00-1:00 YS ◆ Hatha Yoga <i>Tara Zinnamon</i>	10:00-10:45 MS ◆ Best Butt Ever <i>Rick Logan</i>	10:00-10:45 MS ◆ Best Butt Ever <i>Rick Logan</i>	12:30-1:15 MS ◆ Cardio Dance <i>Kierstan Hernandez</i>	12:30-1:15 MS ◆ Cardio Dance <i>Kierstan Hernandez</i>	12:15-1:15 YS ◆ Pilates Fusion <i>Marcelin Jurbina</i>	12:15-1:15 YS ◆ Pilates Fusion <i>Marcelin Jurbina</i>	12:15-1:15 YS ◆ Pilates Fusion <i>Marcelin Jurbina</i>	12:15-1:15 YS ◆ Pilates Fusion <i>Marcelin Jurbina</i>
12:30-1:15 MS ◆ Zumba® <i>Abraham Hernandez</i>	1:00-2:00 YS ◆ Vinyasa Yoga <i>Poopack Bral</i>	1:00-2:00 YS ◆ Vinyasa Yoga <i>Poopack Bral</i>	1:00-2:00 YS ◆ Vinyasa Yoga <i>Poopack Bral</i>	4:30-5:30 YS ◆ Yoga Strong <i>Jenny Geysler</i>	12:30-1:15 MS ◆ THE CUT <i>Kari McKillip</i>	8:30-9:15 MS ◆ Best Butt Ever <i>Rick Logan</i>	8:30-9:15 MS ◆ Best Butt Ever <i>Rick Logan</i>	4:30-5:15 CS ◆ Cycle Beats <i>Anthony Borges</i>	4:30-5:15 CS ◆ Cycle Beats <i>Anthony Borges</i>	1:30-2:30 YS ◆ Restorative Yoga <i>Jenny Geysler</i>	1:30-2:30 YS ◆ Restorative Yoga <i>Jenny Geysler</i>	1:30-2:30 YS ◆ Restorative Yoga <i>Jenny Geysler</i>	1:30-2:30 YS ◆ Restorative Yoga <i>Jenny Geysler</i>
4:30-5:30 YS ◆ Vinyasa Yoga <i>Rachel Ross</i>	5:00-5:45 MS ◆ True Barre <i>Braxton Brooks</i>	5:00-5:45 TR ◆ Precision Run® <i>Shaimaa Masoud</i>	5:00-5:45 YS ◆ Vinyasa Yoga <i>Poopack Bral</i>	5:00-5:45 MS ◆ Barre <i>Amber Adams</i>	4:30-5:30 YS ◆ Yoga Strong <i>Jenny Geysler</i>	11:30-12:30 MS ◆ Barre <i>Jennifer Harison</i>	11:30-12:30 MS ◆ Barre <i>Jennifer Harison</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Tara Zinnamon</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Tara Zinnamon</i>				
5:00-5:45 MS ◆ True Barre <i>Braxton Brooks</i>	5:15-6:00 MS ◆ Cardio Dance <i>Manu Fernandez</i>	5:15-6:00 MS ◆ Cardio Dance <i>Manu Fernandez</i>	5:15-6:00 MS ◆ Cardio Dance <i>Manu Fernandez</i>	5:15-6:00 CS ◆ Cycle Beats <i>Wil Ashley</i>	5:15-6:00 CS ◆ Cycle Beats <i>Wil Ashley</i>	1:00-2:00 YS ◆ Regeneration Yoga <i>Poopack Bral</i>	1:00-2:00 YS ◆ Regeneration Yoga <i>Poopack Bral</i>						
5:15-6:00 CS ◆ Cycle Power <i>George Wyhinny</i>	5:30-6:30 YS ◆ Yin Yoga Meditation <i>Lynn Taylor</i>	5:30-6:30 YS ◆ Yin Yoga Meditation <i>Lynn Taylor</i>	5:30-6:30 YS ◆ Yin Yoga Meditation <i>Lynn Taylor</i>	5:45-6:30 YS ◆ Pilates Mat <i>Mathew Makings</i>	5:15-6:00 CS ◆ Cycle Beats <i>Wil Ashley</i>	4:15-5:15 MS ◆ Ballet-Style Training <i>Jaelyn Betham</i>	4:15-5:15 MS ◆ Ballet-Style Training <i>Jaelyn Betham</i>						
5:45-6:45 YS ◆ Regeneration Yoga <i>Michelle Wong</i>	6:30-7:15 MS ◆ Body Sculpt <i>Rick Logan</i>	6:30-7:15 MS ◆ Body Sculpt <i>Rick Logan</i>	6:30-7:15 MS ◆ Body Sculpt <i>Rick Logan</i>	6:15-7:00 MS ◆ Boxing <i>Steven Dell</i>	5:45-6:30 YS ◆ Pilates Mat <i>Mathew Makings</i>	5:30-6:30 YS ◆ Pilates Fusion <i>Jaelyn Betham</i>	5:30-6:30 YS ◆ Pilates Fusion <i>Jaelyn Betham</i>						
6:15-7:00 MS ◆ Tabata Max <i>Andre Aultmon</i>					6:15-7:00 MS ◆ Boxing <i>Steven Dell</i>	5:45-6:30 TR ◆ Precision Run® <i>Ross Neumann</i>	5:45-6:30 TR ◆ Precision Run® <i>Ross Neumann</i>						
						6:30-7:15 MS ◆ Best Butt Ever <i>Rick Logan</i>	6:30-7:15 MS ◆ Best Butt Ever <i>Rick Logan</i>						

EQUINOX

BEVERLY HILLS

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EQUINOX.COM
@EQUINOX

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

FRI: 5:00AM - 8:00PM

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

GROUP FITNESS MANAGER

mat.makings@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

TR	Treadmill Area
MS	Main Studio
CS	Cycling Studio
YS	Yoga 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

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.

IYENGAR YOGA An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

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.

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

YIN YOGA MEDITATION A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

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.

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.

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.

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

BALLET-STYLE TRAINING This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.

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.

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.

ZUMBA® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

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.

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.