

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆	METCON3 <i>Andrew Blake Ames</i>	6:45-7:35 TR ◆	Elevate <i>Sara McGowan</i>	6:15-7:00 MS ◆	Stacked! <i>Rick Logan</i>	7:00-7:45 PG ◆	Whipped! <i>Derek Ringold</i>	6:15-7:00 MS ◆	Master of One <i>Alexis Harrell</i>	8:00-8:45 CS ◆	Cycle Power <i>Jorge Luna</i>	8:15-9:00 YS ◆	EQX Barre Bum <i>Dane Sorensen</i>
7:00-7:45 CS ◆	Cycle Power <i>Jorge Luna</i>	7:00-7:45 PG ◆	Whipped! <i>Jorge Luna</i>	7:00-7:45 CS ◆	Cycle Beats <i>Jorge Luna</i>	7:15-8:15 YS ◆	Athletic Yoga <i>Cailyn O'Donnell</i>	7:00-7:45 CS ◆	Cycle Power <i>Jenn Leitzes</i>	8:15-9:30 YS ◆	Iyengar Yoga <i>Chris Stein</i>	9:00-9:45 MS ◆	STRONG <i>Andrew Blake Ames</i>
8:00-8:45 PG ◆	TRX Max <i>Jorge Luna</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Cailyn O'Donnell</i>	8:00-8:45 PG ◆	TRX Max <i>Jorge Luna</i>	8:00-8:45 MS ◆	Tabata Max <i>Drea Marchesi</i>	8:30-9:15 MS ◆	Cardio Sculpt + Best Abs Ever <i>Anielle Creager</i>	8:30-9:20 TR ◆	Precision Run@ <i>Carrie Curtis</i>	9:15-10:15 TR ◆	Elevate <i>Stephanie Walsh</i>
9:15-10:15 YS ◆	Vinyasa Yoga <i>Austin Hollingshead</i>	8:30-9:15 CS ◆	Cycle Beats <i>Rick Logan</i>	8:00-8:45 YS ◆	Barre <i>Jazmin Rivers</i>	8:30-9:15 CS ◆	Cycle Power <i>Karen Schneider</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Tara Zinnamon</i>	9:00-9:45 MS ◆	Hip Hop <i>Kierstan Hernandez</i>	9:30-10:15 CS ◆	Cycle Power <i>Kristin Riddick</i>
10:00-10:45 MS ◆	Body Sculpt <i>Rick Logan</i>	9:00-9:45 MS ◆	Hip Hop <i>Kari McKillip</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Bary Lowin</i>	9:00-9:45 MS ◆	Body Sculpt <i>Tracy Bradley</i>	9:00-9:45 MS ◆	METCON3 <i>Derek Capps</i>	9:00-9:45 PG ◆	TRX Max <i>Jorge Luna</i>	10:15-11:15 YS ◆	Regeneration Yoga <i>Bary Lowin</i>
11:00-11:45 YS ◆	Barre <i>Jennifer Galardi</i>	9:30-10:15 PD ◆	Aqua Sculpt <i>Jorge Luna</i>	9:45-10:45 TR ◆	Elevate <i>Jorge Luna</i>	9:15-10:00 YS ◆	Barre <i>Sadie Black</i>	9:15-10:00 YS ◆	Elevate <i>Jenia Koroleva</i>	9:30-10:15 PD ◆	Aqua Sculpt <i>Rebecca Wade</i>	11:30-12:15 MS ◆	Studio Dance <i>Bary Lowin</i>
12:30-1:15 MS ◆	Studio Dance <i>Amber Adams</i>	9:30-10:15 YS ◆	Pilates Fusion <i>Jamie Hodes</i>	10:00-10:45 MS ◆	Cardio Dance <i>Manu Fernandez</i>	9:30-10:15 PD ◆	Aqua Sculpt <i>Rebecca Wade</i>	9:30-10:15 PD ◆	Pilates Fusion <i>Amy Bishop</i>	10:00-10:45 MS ◆	Body Sculpt <i>Maeve McCaffrey</i>	4:30-5:30 YS ◆	Restorative Yoga <i>Pia Kamonsit</i>
1:15-2:00 YS ◆	Pilates Mat <i>Pia Kamonsit</i>	10:00-10:45 MS ◆	Barefoot Body Sculpt <i>Kari McKillip</i>	11:00-12:00 YS ◆	Athletic Stretch <i>Karen Voight</i>	10:00-10:45 MS ◆	Cardio Sculpt <i>Derek Capps</i>	10:00-10:45 MS ◆	Athletic Stretch <i>Poopack Bral</i>	10:00-10:45 YS ◆	Athletic Stretch <i>Jorge Luna</i>		
5:15-6:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Be Solomon</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Maeve McCaffrey</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Shielu Bharwani</i>	11:00-12:00 MS ◆	STRONG <i>Maeve McCaffrey</i>	11:00-12:00 YS ◆	Vinyasa Yoga <i>Amy Bishop</i>	12:30-1:15 MS ◆	Zumba@ <i>Abraham Hernandez</i>	11:00-11:45 MS ◆	Best Stretch Ever <i>Amber Adams</i>
5:30-6:30 YS ◆	Athletic Yoga <i>Amy Bishop</i>	12:00-12:50 TR ◆	Elevate <i>Jorge Luna</i>	5:00-5:45 PG ◆	TRX Max <i>Tara Emerson</i>	11:00-12:00 YS ◆	Vinyasa Yoga <i>Amy Bishop</i>	12:00-12:50 TR ◆	Elevate <i>Ian Culbertson</i>	5:15-6:30 YS ◆	Vinyasa Yoga + Meditation <i>Shielu Bharwani</i>	11:00-12:00 YS ◆	Vinyasa Yoga <i>Maeve McCaffrey</i>
6:00-6:45 CS ◆	Cycle Power <i>Edgar Asars</i>	4:00-4:45 RD ◆	Best Butt Ever <i>Nicole Steen</i>	5:15-6:00 MS ◆	Zumba@ <i>Abraham Hernandez</i>	12:00-12:50 TR ◆	Elevate <i>Ian Culbertson</i>	4:00-4:45 RD ◆	Cycle Beats <i>Eileen O'Connell</i>	5:30-6:15 PG ◆	PGX Plus <i>Donna Faccioni</i>	12:15-1:15 YS ◆	Ballet-Style Training <i>Amber Adams</i>
6:30-7:15 MS ◆	STRONG <i>Jennifer Cohen</i>	5:00-5:45 YS ◆	EQX Barre Bum <i>Dane Sorensen</i>	5:30-6:30 YS ◆	Athletic Yoga <i>Austin Hollingshead</i>	4:00-4:45 RD ◆	Cycle Beats <i>Eileen O'Connell</i>	5:15-6:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Alexis Harrell</i>				
6:45-7:45 YS ◆	Ballet-Style Training <i>Amber Adams</i>	5:15-6:00 PG ◆	PGX Plus <i>Andrew Blake Ames</i>	5:45-6:45 TR ◆	Precision Run@ <i>Ross Neumann</i>	5:15-6:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Alexis Harrell</i>	5:30-6:15 PG ◆	PGX Plus <i>Donna Faccioni</i>				
		5:30-6:15 MS ◆	METCON3 <i>Linda Fluis</i>	6:00-6:45 CS ◆	Cycle Beats <i>Tara Emerson</i>	5:30-6:15 YS ◆	Barre <i>Mathew Makings</i>	6:30-7:15 MS ◆	Cardio Dance <i>Johnny Latin</i>				
		6:00-7:15 YS ◆	Hatha Yoga <i>Tara Zinnamon</i>	6:15-7:00 MS ◆	Boxing <i>Gabe Leung</i>	6:30-7:15 MS ◆	Cardio Dance <i>Johnny Latin</i>	6:45-7:45 YS ◆	Iyengar Yoga <i>Chris Stein</i>				
		6:30-7:15 MS ◆	Boxing <i>U. B. Sanchez</i>										
		7:30-8:00 YS ◆	Meditation <i>Tara Zinnamon</i>										

EQUINOX

SPORTS CLUB LOS ANGELES

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LOS ANGELES CA 90025
EQUINOX.COM
@EQUINOX

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

FRI: 5:00AM - 8:00PM

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

GROUP FITNESS MANAGER

jorge.luna@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
PG	The Playground
YS	Yoga Studio
CS	Cycling Studio
RD	Roof Deck
PD	Pool Deck
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.

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.

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.

ATHLETIC TRAINING

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.

PGX PLUS Available exclusively at The Playground. Team up and push to the max in this competition based circuit-training program. Increase skill, power, strength, endurance, core, and 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.

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 A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging 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.

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.

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.

HIP HOP A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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

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.

POOL

AQUA SCULPT A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints.

STRETCH AND RECOVERY

ATHLETIC STRETCH Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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.

MEDITATION Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

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.