

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆ Cycle Power <i>Stephanie Barton</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Molly Bailey</i>	6:00-6:45 TR ◆ Precision Run® <i>Jenia Koroleva</i>	6:30-7:15 CS ◆ Cycle Beats <i>Robyn Logan</i>	6:00-6:45 MS ◆ <b>Tabata Max</b> <i>Molly Bailey</i>	6:00-6:45 MS ◆ Cycle Beats <i>Ali Kamen</i>	6:00-6:45 CS ◆ <b>Cycle Beats</b> <i>Tania Russell</i>	7:00-7:45 MS ◆ <b>STRONG</b> <i>Tania Russell</i>	7:30-8:15 MS ◆ TRX Max <i>Trent David</i>	7:30-8:15 MS ◆ Elevate <i>Robyn Logan</i>	7:30-8:15 MS ◆ TRX Max <i>Trent David</i>	7:30-8:15 MS ◆ TRX Max <i>Trent David</i>	8:00-8:45 MS ◆ TRX Max <i>Trent David</i>	8:00-8:45 MS ◆ TRX Max <i>Sophie Grise</i>
7:00-7:45 MS ◆ Master of One <i>Sophie Grise</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Liz Blanding</i>	6:30-7:15 CS ◆ Cycle Beats <i>Robyn Logan</i>	7:00-7:45 MS ◆ Body Sculpt <i>Jenia Koroleva</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Ali Kamen</i>	7:30-8:15 MS ◆ TRX Max <i>Sophie Grise</i>	7:15-8:00 TR ◆ Elevate <i>Robyn Logan</i>	7:00-7:45 MS ◆ <b>STRONG</b> <i>Tania Russell</i>	7:15-8:00 TR ◆ Elevate <i>Robyn Logan</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Shannon Branham</i>	7:30-8:30 YS ◆ Cycle Power - Endurance <i>Trent David</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Dhana Stevens</i>	8:00-8:45 TR ◆ Precision Run® <i>Todd German</i>	8:00-10:00 YS ◆ Vinyasa Yoga <i>Liz Blanding</i>
7:30-8:30 YS ◆ Vinyasa Yoga <i>Ali Kamen</i>	7:30-8:15 MS ◆ TRX Max <i>Amy Malloy</i>	7:00-7:45 MS ◆ Body Sculpt <i>Jenia Koroleva</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Shannon Branham</i>	7:30-8:15 MS ◆ TRX Max <i>Sophie Grise</i>	8:30-9:15 CS ◆ Cycle Power <i>Stephanie Barton</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Shannon Branham</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Shannon Branham</i>	7:30-8:30 YS ◆ Cycle Power <i>Stephanie Barton</i>	8:30-9:15 CS ◆ Cycle Power <i>Stephanie Barton</i>	8:45-9:45 CS ◆ Cycle Power - Endurance <i>Trent David</i>	8:45-9:45 CS ◆ Cycle Power - Endurance <i>Trent David</i>	8:45-9:45 MS ◆ Ropes and Rowers <i>Todd German</i>	9:15-10:00 TR ◆ Elevate <i>Sophie Grise</i>
8:30-9:15 MS ◆ THE CUT <i>Amber McMahon</i>	8:30-9:15 CS ◆ Cycle Beats <i>Jennifer Wyatt</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Shannon Branham</i>	8:30-9:15 MS ◆ Stacked! <i>Robyn Logan</i>	8:30-9:15 MS ◆ <b>Body Sculpt</b> <i>Trent David</i>	9:15-10:00 MS ◆ <b>Best Stretch Ever</b> <i>Trent David</i>	8:30-9:15 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	8:30-9:15 MS ◆ <b>Upper Body</b> Conditioning + Best Abs Ever <i>Robyn Logan</i>	8:30-9:15 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	9:15-10:00 MS ◆ Ropes and Rowers <i>Todd German</i>	9:15-10:00 YS ◆ Trilogy Barre <i>Braxton Brooks</i>	9:15-10:00 YS ◆ Trilogy Barre <i>Braxton Brooks</i>	9:00-9:45 MS ◆ Ropes and Rowers <i>Todd German</i>	9:30-10:15 CS ◆ Cycle Beats <i>Mikel Weiss</i>
9:00-9:45 TR ◆ Elevate <i>Nina Greenberg</i>	9:15-10:00 MS ◆ <b>METCON3</b> <i>Chelsea Hill</i>	8:30-9:15 MS ◆ Stacked! <i>Robyn Logan</i>	9:15-10:15 YS ◆ Vinyasa Yoga <i>Jennifer Elliott</i>	9:15-10:00 MS ◆ <b>Best Stretch Ever</b> <i>Trent David</i>	10:15-11:00 MS ◆ <b>Best Stretch Ever</b> <i>Trent David</i>	9:30-10:15 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	9:30-10:15 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	9:30-10:15 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	9:30-10:15 MS ◆ Ropes and Rowers <i>Todd German</i>	9:30-10:15 YS ◆ Trilogy Barre <i>Braxton Brooks</i>	9:30-10:15 YS ◆ Trilogy Barre <i>Braxton Brooks</i>	9:30-10:15 MS ◆ Ropes and Rowers <i>Todd German</i>	9:45-10:30 MS ◆ Cardio Kickboxing <i>Jude Lee</i>
9:15-10:15 YS ◆ Vinyasa Yoga <i>Jessica Brown</i>	10:15-11:00 MS ◆ <b>Off The Barre</b> <i>Chelsea Hill</i>	9:15-10:15 YS ◆ Vinyasa Yoga <i>Jennifer Elliott</i>	9:30-10:15 CS ◆ Cycle Power <i>Adam Johansson</i>	10:15-11:00 MS ◆ <b>Best Stretch Ever</b> <i>Trent David</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Krista Kubik</i>	10:00-10:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	10:00-10:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	10:00-10:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	9:30-10:15 MS ◆ Ropes and Rowers <i>Todd German</i>	10:00-10:45 CS ◆ Cycle Beats <i>Tania Russell</i>	10:00-10:45 CS ◆ Cycle Beats <i>Tania Russell</i>	10:00-10:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	10:30-11:15 YS ◆ Pilates Remix <i>Amy Malloy</i>
9:30-10:15 CS ◆ Cycle Beats <i>Robyn Logan</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Krista Kubik</i>	9:30-10:15 CS ◆ Cycle Power <i>Adam Johansson</i>	10:00-10:45 MS ◆ EQX Barre Bum <i>Chenoa Solis-Fine</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Krista Kubik</i>	12:00-12:45 YS ◆ Yoga Sculpt <i>Amy Malloy</i>	10:00-10:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	10:00-10:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	10:00-10:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	10:00-10:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	10:30-11:15 MS ◆ Off The Barre <i>Braxton Brooks</i>	10:30-11:15 MS ◆ Off The Barre <i>Braxton Brooks</i>	10:00-10:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	11:30-12:30 YS ◆ <b>Yoga Strong</b> <i>Amy Malloy</i>
10:00-10:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Amber McMahon</i>	12:00-12:45 YS ◆ Trilogy Barre <i>Trent David</i>	10:00-10:45 MS ◆ EQX Barre Bum <i>Chenoa Solis-Fine</i>	12:00-12:45 YS ◆ Pilates Fusion <i>Chenoa Solis-Fine</i>	12:00-12:45 YS ◆ Yoga Sculpt <i>Amy Malloy</i>	12:00-12:45 YS ◆ Yoga Sculpt <i>Amy Malloy</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	3:00-4:00 YS ◆ Yin Yoga <i>Lisa Wildermuth</i>
12:00-12:45 MS ◆ TRX Max <i>Trent David</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Braxton Brooks</i>	12:00-12:45 YS ◆ Pilates Fusion <i>Chenoa Solis-Fine</i>	4:30-5:15 MS ◆ Studio Dance <i>Ryan Johnson</i>	5:30-6:15 CS ◆ Cycle Beats <i>Tania Russell</i>	5:30-6:15 CS ◆ Cycle Beats <i>Tania Russell</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	
4:30-5:15 MS ◆ Best Abs Ever <i>Candyce Heather</i>	5:30-6:15 CS ◆ Cycle Power <i>Tania Russell</i>	4:30-5:15 MS ◆ Studio Dance <i>Ryan Johnson</i>	5:00-5:45 CS ◆ Cycle Beats <i>Mikel Weiss</i>	5:45-6:30 MS ◆ Best Butt Ever <i>Molly Bailey</i>	5:45-6:30 MS ◆ Best Butt Ever <i>Molly Bailey</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	
5:30-6:30 YS ◆ <b>Yoga Strong</b> <i>Doug Milliron</i>	5:45-6:30 MS ◆ Cardio Kickboxing <i>Jude Lee</i>	5:00-5:45 CS ◆ Cycle Beats <i>Mikel Weiss</i>	5:15-6:00 TR ◆ Elevate <i>Trent David</i>	6:30-7:30 YS ◆ Yin Yoga <i>Dhana Stevens</i>	6:30-7:30 YS ◆ Yin Yoga <i>Dhana Stevens</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	
6:30-7:15 MS ◆ METCON3 <i>Molly Bailey</i>	6:00-6:45 TR ◆ Precision Run® <i>Sophie Grise</i>	5:15-6:00 TR ◆ Elevate <i>Trent David</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Doug Milliron</i>	6:30-7:30 YS ◆ Yin Yoga <i>Dhana Stevens</i>	6:30-7:30 YS ◆ Yin Yoga <i>Dhana Stevens</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	
	6:30-7:15 YS ◆ True Barre <i>Braxton Brooks</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Doug Milliron</i>	6:30-7:15 MS ◆ TRX Max <i>Trent David</i>			12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Robyn Logan</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Off The Barre <i>Braxton Brooks</i>	12:00-12:45 MS ◆ Best Butt Ever <i>Candyce Heather</i>	

# EQUINOX

## WESTLAKE VILLAGE

112 S. LAKEVIEW CANYON ROAD  
THOUSAND OAKS CA 91362  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 8:00PM

**FRI:** 5:00AM - 7:00PM

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

## GROUP FITNESS MANAGER

trent.david@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

CS	Cycling Studio
YS	Yoga 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.

**CYCLE POWER - ENDURANCE** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

### 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.

**REGENERATION YOGA** A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

**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 SCULPT** A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

**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.

of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

### 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.

**TRILOGY BARRE** A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. 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 REMIX** A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

### DANCE

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

### BOXING AND KICKBOXING

**CARDIO KICKBOXING** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

**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.

## 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 ABS EVER** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**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.

**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. 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.

**UPPER BODY CONDITIONING + BEST ABS EVER** A challenging mash-up