

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆	Master of One <i>Elle Young</i>	6:45-7:45 YS ◆	Vinyasa Yoga <i>Devan Medrano</i>	6:30-7:15 MS ◆	Whipped! <i>Elle Young</i>	6:45-7:45 YS ◆	Vinyasa Yoga <i>Jack Workman</i>	6:30-7:15 MS ◆	Tabata Max + Best Abs Ever <i>Buddy Macuha</i>	8:15-9:05 TR ◆	Precision Run® <i>Matthew Modleski</i>	10:00-10:45 YS ◆	Pilates Mat <i>Angela Leigh</i>
7:00-7:45 TR ◆	Precision Run® <i>Greg Cohen</i>	7:00-7:45 CS ◆	Cycle Beats <i>Simone Berry</i>	7:00-7:45 TR ◆	Precision Run® <i>Matthew Modleski</i>	7:00-7:45 CS ◆	Cycle Beats <i>Simone Berry</i>	7:00-7:45 CS ◆	Cycle Beats <i>David Pisanich</i>	8:30-9:15 MS ◆	METCON3 <i>Arielle Miller-Cohen</i>	10:30-11:15 MS ◆	GROOV3 <i>Ben Ayers</i>
7:30-8:30 YS ◆	Vinyasa Yoga <i>Joseph Seeman</i>	8:00-8:45 MS ◆	METCON3 <i>Matthew Modleski</i>	7:30-8:15 YS ◆	Barre <i>Niki Kramer</i>	8:00-8:45 MS ◆	Tabata Max <i>Simone Berry</i>	7:30-8:30 YS ◆	Vinyasa Yoga + Meditation <i>Annie Kelly</i>	9:00-9:45 CS ◆	Cycle Power <i>Geir Foshaug</i>	4:00-5:00 YS ◆	Gentle Yoga + Meditation <i>Jack Workman</i>
9:00-9:45 MS ◆	Athletic Conditioning <i>Taliah Mekki</i>	8:00-8:50 TR ◆	Precision Run® <i>Robbie Darby</i>	9:00-9:45 MS ◆	Cardio Boxing <i>Daniel Kucan</i>	8:15-9:15 YS ◆	Vinyasa Yoga + Meditation <i>Shielu Bharwani</i>	7:45-8:35 TR ◆	Precision Run® <i>Buddy Macuha</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Chris Reber</i>		
9:30-10:15 CS ◆	Cycle Beats <i>Joseph Seeman</i>	8:15-9:15 YS ◆	Vinyasa Yoga + Meditation <i>Chris Reber</i>	9:30-10:15 CS ◆	Cycle Beats <i>Joseph Seeman</i>	9:30-10:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Elle Young</i>	9:00-9:45 MS ◆	METCON3 <i>David Pisanich</i>	10:00-10:45 MS ◆	4X4 <i>Paul Katami</i>		
11:00-11:45 YS ◆	Barre <i>Pia Kamonsit</i>	9:30-10:15 MS ◆	4X4 <i>Elle Young</i>	11:00-11:45 YS ◆	Pilates Mat <i>Pia Kamonsit</i>	10:00-10:45 CS ◆	Cycle Power <i>Wil Ashley</i>	9:30-10:15 CS ◆	Cycle Beats <i>Jill Karenbrock</i>	10:30-11:15 CS ◆	Cycle Beats <i>Matthew Modleski</i>		
12:15-1:00 YS ◆	Pilates Mat <i>Niki Kramer</i>	10:00-10:45 CS ◆	Cycle Power <i>Wil Ashley</i>	12:15-1:15 YS ◆	<b>Yoga Strong</b> <i>Matthew Modleski</i>	12:00-12:45 YS ◆	Barre <i>Taliah Mekki</i>	11:00-12:00 YS ◆	Vinyasa Yoga <i>Chrissy Gonzalez</i>	3:00-3:45 YS ◆	Trilogy Barre <i>Niki Kramer</i>		
12:30-1:15 MS ◆	THE CUT <i>Kari McKillip</i>	12:00-12:45 YS ◆	Barre <i>Taliah Mekki</i>	12:30-1:15 MS ◆	4X4 <i>Mandee Miller</i>	1:00-1:45 MS ◆	Body Sculpt <i>Trevor Kent</i>	12:30-1:15 MS ◆	Whipped! <i>Daxton Bloomquist</i>				
5:00-5:45 MS ◆	METCON3 <i>Toby Massenbourg</i>	1:00-1:45 MS ◆	METCON3 <i>Jayen Wells</i>	5:00-5:45 MS ◆	Tabata Max <i>Toby Massenbourg</i>	5:00-6:00 YS ◆	Vinyasa Yoga <i>Chrissy Gonzalez</i>	4:30-5:30 YS ◆	Vinyasa Yoga + Meditation <i>Jack Workman</i>				
5:30-6:15 YS ◆	Trilogy Barre <i>Devan Medrano</i>	5:00-6:00 YS ◆	Vinyasa Yoga <i>Joseph Seeman</i>	5:30-6:15 YS ◆	True Barre <i>Braxton Brooks</i>	5:15-6:00 MS ◆	STRONG <i>Matthew Modleski</i>						
5:45-6:30 CS ◆	Cycle Power <i>Lynsey Harris</i>	5:15-6:10 MS ◆	AK! Rope <i>Daxton Bloomquist</i>	5:45-6:30 CS ◆	Cycle Power <i>Lynsey Harris</i>	5:30-6:15 TR ◆	<b>Precision Run®</b> <i>Daxton Bloomquist</i>						
6:00-6:50 TR ◆	Precision Run® <i>Toby Massenbourg</i>	6:15-7:00 CS ◆	Cycle Beats <i>Joseph Seeman</i>	6:00-6:50 TR ◆	Precision Run® <i>Chris Reed</i>	6:15-7:00 CS ◆	Cycle Beats <i>Wil Ashley</i>						
6:15-7:00 MS ◆	Whipped! <i>Matthew Modleski</i>	6:30-7:30 YS ◆	Yin Yoga Meditation <i>Jenny Geyser</i>	6:15-7:00 MS ◆	Best Butt Ever <i>Taliah Mekki</i>	6:30-7:30 YS ◆	Restorative Yoga <i>Matthew Modleski</i>						
7:00-8:00 YS ◆	Vinyasa Yoga + Meditation <i>Devan Medrano</i>	6:45-7:30 MS ◆	Athletic Conditioning <i>Daxton Bloomquist</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Chris Reed</i>	6:45-7:30 MS ◆	METCON3 <i>Daxton Bloomquist</i>						
7:15-8:00 MS ◆	GROOV3 <i>Ben Ayers</i>			7:15-8:00 MS ◆	Studio Dance <i>Kari McKillip</i>								

## HOLLYWOOD

1550 N. VINE STREET  
HOLLYWOOD CA 90028  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 6:00AM - 9:30PM  
**FRI:** 6:00AM - 8:30PM  
**SAT - SUN:** 7:00AM - 6:00PM

## GROUP FITNESS MANAGER

matthew.modleski@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
YS	Yoga Studio
CS	Cycling 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

**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.

**GENTLE YOGA + MEDITATION** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

**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.

**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

**4X4** Rev up your engine & go for the long haul. This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

**AK! ROPE** Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

**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.

**METCON3** 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.

**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.

**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.

**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

**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.

**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 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

**GROOV3** Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

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

### BOXING AND KICKBOXING

**CARDIO BOXING** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

**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.

### SCULPT

**BODY SCULPT** An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.