

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆	METCON3 <i>Vinson Huynh</i>	6:45-7:30 YS ◆	Pilates Fusion (HEATED) <i>Annalisa Brown</i>	7:00-7:45 CS ◆	Cycle Power <i>Sarah Sung</i>	6:45-7:45 YS ◆	Vinyasa Yoga (HEATED) <i>Annie Cui</i>	7:00-7:45 CS ◆	Cycle Beats <i>Henry Rangel</i>	8:15-9:00 YS ◆	Pilates Fusion <i>Jordanna Dworkin</i>	9:45-10:30 MS ◆	THE CUT <i>CJ</i>
7:00-7:45 CS ◆	Cycle Beats <i>Clara Constable</i>	7:00-7:45 TR ◆	Precision Run@ <i>MJ Paul</i>	7:15-8:15 YS ◆	Athletic Yoga <i>Brandi Zorzy</i>	7:00-7:45 TR ◆	Precision Run@ <i>MJ Paul</i>	7:15-8:00 MS ◆	STRONG <i>Henry Brazer</i>	9:15-10:00 MS ◆	Stacked! <i>Iris Vazquez</i>	10:15-11:15 YS ◆	Vinyasa Yoga <i>Annie Cui</i>
7:15-8:15 YS ◆	Vinyasa Yoga <i>Jaime Young</i>	7:15-8:00 MS ◆	Whipped! <i>Fady Asaad</i>	7:30-8:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Mason Denham</i>	7:15-8:00 MS ◆	Stacked! <i>Mason Denham</i>	7:30-8:30 YS ◆	Yoga Strong <i>Stephanie Vu</i>	9:30-10:30 YS ◆	Vinyasa Yoga <i>Jordanna Dworkin</i>	10:30-11:15 CS ◆	Cycle Beats <i>Henry Rangel</i>
7:30-8:15 MS ◆	Body Sculpt <i>Vinson Huynh</i>	8:15-9:00 TR ◆	Elevate <i>Ashley Wright</i>	12:00-1:00 YS ◆	Yoga Strong <i>Stephanie Vu</i>	8:15-9:00 CS ◆	Cycle Beats <i>Mason Denham</i>	12:00-1:00 YS ◆	Athletic Yoga <i>Cecily Guest</i>	9:45-10:30 CS ◆	Cycle Beats <i>Mason Denham</i>	11:15-12:00 MS ◆	Upper Body Conditioning + Best Abs Ever <i>CJ</i>
12:00-1:00 YS ◆	Vinyasa Yoga <i>Michael Hubbard</i>	9:00-9:45 YS ◆	True Barre <i>Nina De Ocampo</i>	12:15-1:00 MS ◆	Stacked! + Best Abs Ever <i>Precious Moreno</i>	9:00-9:45 YS ◆	Barre <i>Cynthia Dawson</i>	4:15-5:00 MS ◆	Circuit Training <i>Darren Bonilla</i>	10:15-11:05 TR ◆	Precision Run@ <i>Iris Vazquez</i>	12:30-1:30 YS ◆	Regeneration Yoga <i>Jenna Valez</i>
12:15-1:00 TR ◆	Precision Run@ <i>Nina De Ocampo</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Warren Lange</i>	4:30-5:30 YS ◆	Vinyasa Yoga <i>Jessica Seid</i>	12:15-1:00 MS ◆	Athletic Conditioning <i>MJ Paul</i>	4:30-5:15 YS ◆	Barre <i>Cynthia Dawson</i>	10:45-11:30 MS ◆	METCON3 <i>Mason Denham</i>	2:00-3:00 YS ◆	Vinyasa Yoga <i>Jessica Seid</i>
12:30-1:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Mason Denham</i>	4:30-5:15 YS ◆	True Barre <i>Nina De Ocampo</i>	5:30-6:15 MS ◆	Whipped! <i>Fady Asaad</i>	12:30-1:30 YS ◆	Vinyasa Yoga + Meditation <i>Warren Lange</i>	5:30-6:15 MS ◆	Best Butt Ever <i>Team Equinox</i>	11:00-11:45 CS ◆	Cycle Beats <i>Spencer Lee</i>		
4:30-5:30 YS ◆	Vinyasa Yoga <i>Denelle Numis</i>	5:15-6:00 MS ◆	METCON3 <i>Iris Vazquez</i>	5:45-6:30 CS ◆	Cycle Power <i>Martin Kuepker</i>	4:30-5:15 YS ◆	Barre <i>Jordanna Dworkin</i>	5:45-6:30 CS ◆	Cycle Beats <i>Darren Bonilla</i>	12:15-1:15 YS ◆	Athletic Yoga (HEATED) <i>Denelle Numis</i>		
5:30-6:15 MS ◆	PURE STRENGTH <i>CJ</i>	5:30-6:00 TR ◆	Precision Run 30 <i>Nina De Ocampo</i>	6:00-6:45 YS ◆	Barre <i>Annalisa Brown</i>	5:15-6:00 MS ◆	STRONG <i>Iris Vazquez</i>	5:45-6:45 YS ◆	Athletic Yoga (HEATED) <i>Rachel Wilkins</i>	2:00-3:00 YS ◆	Vinyasa Yoga <i>Ryan Gerard</i>		
5:45-6:30 CS ◆	Cycle Beats <i>Henry Rangel</i>	5:45-6:45 YS ◆	Athletic Yoga (HEATED) <i>Gustavo Rearte</i>	6:15-7:05 TR ◆	Precision Run@ <i>Henry Brazer</i>	5:45-6:45 YS ◆	Vinyasa Yoga (HEATED) <i>Gustavo Rearte</i>	6:15-7:00 CS ◆	Cycle Beats <i>Kelsey Pfeffer</i>				
6:00-6:45 YS ◆	Barre <i>Annalisa Brown</i>	6:15-7:00 CS ◆	Cycle Power <i>Alex Margarte</i>	7:15-8:00 MS ◆	Body Sculpt <i>Nina De Ocampo</i>	6:15-7:00 CS ◆	Cycle Beats <i>Kelsey Pfeffer</i>	6:30-7:15 MS ◆	Athletic Conditioning <i>Evan Chasan</i>				
6:15-7:05 TR ◆	Precision Run@ <i>Precious Moreno</i>	6:15-6:45 TR ◆	Precision Run 30 <i>Nina De Ocampo</i>	7:15-8:15 YS ◆	Regeneration Yoga <i>Rachel Wilkins</i>	6:30-7:15 MS ◆	Athletic Conditioning <i>Evan Chasan</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Ryan Gerard</i>				
7:15-8:00 MS ◆	Tabata Max <i>Precious Moreno</i>	6:30-7:15 MS ◆	Cardio Dance <i>Kenny Walter</i>										
7:15-8:15 YS ◆	Vinyasa Yoga <i>Brandi Zorzy</i>	7:15-8:30 YS ◆	Vinyasa Yoga <i>Gustavo Rearte</i>										

EQUINOX

VAN MISSION

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MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 9:00PM
SAT - SUN: 7:00AM - 4:00PM

GENERAL MANAGER

KENNETH AGLUBAT
kenneth.aglubat@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

MS Main Studio
CS Cycling Studio
YS Yoga 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.

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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. Bring headphones.

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.

ATHLETIC YOGA (HEATED) 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.

VINYASA YOGA (HEATED) 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.

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.

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.

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

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.

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 FUSION (HEATED) 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

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.

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.

CIRCUIT TRAINING Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

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.

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.

STACKED! + BEST ABS EVER A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery, and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

STRONG A strictly strength-based workout designed to build muscle and