

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

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 6:00-6:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 6:00-6:45 TR ◆ Precision Run® <i>Beth Chilcott</i> | 6:00-6:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 6:00-6:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 6:00-6:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 6:00-6:45 TR ◆ Precision Run® <i>Beth Chilcott</i> | 6:00-6:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 6:00-6:45 TR ◆ Precision Run® <i>Beth Chilcott</i> | 6:00-6:45 CS ◆ Cycle Beats <i>Andrew Vo</i> | 6:00-6:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 8:00-8:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 8:00-8:45 CS ◆ Cycle Power <i>Beth Chilcott</i> | 8:00-8:45 CS ◆ Cycle Power <i>Beth Chilcott</i> | 8:00-8:45 CS ◆ Cycle Power <i>Beth Chilcott</i> |
| 6:30-7:30 YS ◆ Vinyasa Yoga James Afshar | 6:15-7:00 MS ◆ Athletic Conditioning <i>Amber Edwards</i> | 6:30-7:30 YS ◆ Vinyasa Yoga <i>Nina Raab</i> | 6:30-7:30 YS ◆ Vinyasa Yoga <i>Nina Raab</i> | 6:30-7:30 YS ◆ Vinyasa Yoga <i>Nina Raab</i> | 6:15-7:00 MS ◆ STRONG <i>Amber Edwards</i> | 6:30-7:30 YS ◆ Vinyasa Yoga <i>Nina Raab</i> | 6:15-7:00 MS ◆ STRONG <i>Amber Edwards</i> | 6:30-7:30 YS ◆ Vinyasa Yoga <i>Paul DaSilva</i> | 6:30-7:30 YS ◆ Vinyasa Yoga <i>Paul DaSilva</i> | 9:00-9:45 YS ◆ Barre <i>Lucas Blankenhom</i> | 8:30-9:15 YS ◆ Barre <i>Joan Wenson</i> | 8:30-9:15 YS ◆ Barre <i>Joan Wenson</i> | 8:30-9:15 YS ◆ Barre <i>Joan Wenson</i> |
| 8:15-9:00 MS ◆ STRONG <i>Seda Balci</i> | 6:30-7:15 PD ◆ EQX H2O: Endurance <i>Jim Dietrich</i> | 8:15-9:00 MS ◆ Athletic Conditioning <i>Seda Balci</i> | 8:15-9:00 MS ◆ Athletic Conditioning <i>Seda Balci</i> | 8:15-9:00 MS ◆ Athletic Conditioning <i>Seda Balci</i> | 6:30-7:15 PD ◆ EQX H2O: Speed <i>Jim Dietrich</i> | 8:15-9:00 MS ◆ Athletic Conditioning <i>Seda Balci</i> | 6:30-7:15 PD ◆ EQX H2O: Speed <i>Jim Dietrich</i> | 9:30-10:15 MS ◆ STRONG <i>Tracey Brenneise</i> | 9:30-10:15 TR ◆ Elevate <i>Norma Shechtman</i> | 9:15-10:00 MS ◆ METCON3 <i>Shawn Lawrence</i> | 9:30-10:15 RD ◆ TRX Max <i>Joan Wenson</i> | 9:30-10:15 RD ◆ TRX Max <i>Joan Wenson</i> | 9:30-10:15 RD ◆ TRX Max <i>Joan Wenson</i> |
| 9:30-10:15 MS ◆ Best Butt Ever <i>Seda Balci</i> | 8:15-9:15 YS ◆ Yoga Sculpt <i>Nina Raab</i> | 9:30-10:15 MS ◆ Best Butt Ever <i>Lisa Kinder</i> | 9:30-10:15 MS ◆ Best Butt Ever <i>Lisa Kinder</i> | 9:30-10:15 MS ◆ Best Butt Ever <i>Lisa Kinder</i> | 8:15-9:15 YS ◆ Yoga Sculpt <i>Nina Raab</i> | 9:30-10:15 MS ◆ Best Butt Ever <i>Lisa Kinder</i> | 8:15-9:15 YS ◆ Yoga Sculpt <i>Nina Raab</i> | 9:30-10:15 TR ◆ Elevate <i>Norma Shechtman</i> | 9:30-10:15 TR ◆ Elevate <i>Norma Shechtman</i> | 10:30-11:30 YS ◆ Vinyasa Yoga <i>Paul DaSilva</i> | 10:00-10:45 MS ◆ Athletic Conditioning <i>Team Equinox</i> | 10:00-10:45 MS ◆ Athletic Conditioning <i>Team Equinox</i> | 10:00-10:45 MS ◆ Athletic Conditioning <i>Team Equinox</i> |
| 9:45-10:30 CS ◆ Cycle Power <i>Jason Hardy</i> | 9:30-10:15 MS ◆ METCON3 <i>Nina Raab</i> | 9:45-10:30 CS ◆ Cycle Power <i>Rachel Neal</i> | 9:45-10:30 CS ◆ Cycle Power <i>Rachel Neal</i> | 9:45-10:30 CS ◆ Cycle Power <i>Rachel Neal</i> | 9:30-10:15 MS ◆ Athletic Conditioning <i>Victoria Nunez</i> | 9:45-10:30 CS ◆ Cycle Power <i>Rachel Neal</i> | 9:30-10:15 MS ◆ Athletic Conditioning <i>Victoria Nunez</i> | 10:30-11:30 YS ◆ Pilates Mat <i>Norma Shechtman</i> | 10:30-11:30 YS ◆ Pilates Mat <i>Norma Shechtman</i> | 11:00-11:45 MS ◆ Studio Dance <i>Rucky McKinley</i> | 10:30-11:30 YS ◆ Vinyasa Yoga <i>Wende Lichon</i> | 10:30-11:30 YS ◆ Vinyasa Yoga <i>Wende Lichon</i> | 10:30-11:30 YS ◆ Vinyasa Yoga <i>Wende Lichon</i> |
| 10:30-11:30 YS ◆ Pilates Mat <i>Norma Shechtman</i> | 10:30-11:30 YS ◆ Vinyasa Yoga <i>Doris Thews</i> | 10:30-11:20 YS ◆ Barre <i>Wende Lichon</i> | 10:30-11:20 YS ◆ Barre <i>Wende Lichon</i> | 10:30-11:20 YS ◆ Barre <i>Wende Lichon</i> | 10:30-11:30 YS ◆ Vinyasa Yoga <i>Brynn Rybackek Yniguez</i> | 10:30-11:20 YS ◆ Barre <i>Wende Lichon</i> | 10:30-11:30 YS ◆ Vinyasa Yoga <i>Brynn Rybackek Yniguez</i> | 11:00-11:45 MS ◆ Cardio Dance <i>Shannon Ward</i> | 11:00-11:45 MS ◆ Cardio Dance <i>Shannon Ward</i> | 12:30-1:30 YS ◆ Restorative Yoga <i>Newton Campbell</i> | 4:00-5:00 YS ◆ Restorative Yoga <i>Newton Campbell</i> | 4:00-5:00 YS ◆ Restorative Yoga <i>Newton Campbell</i> | 4:00-5:00 YS ◆ Restorative Yoga <i>Newton Campbell</i> |
| 11:00-11:45 MS ◆ Cardio Dance <i>Shannon Ward</i> | 11:00-11:45 MS ◆ Cardio Dance <i>Shannon Ward</i> | 12:00-12:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 12:00-12:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 12:00-12:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 11:00-11:45 MS ◆ Cardio Dance <i>Shannon Ward</i> | 12:00-12:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 11:00-11:45 MS ◆ Cardio Dance <i>Shannon Ward</i> | 12:30-1:30 YS ◆ Vinyasa Yoga <i>Luciana Freire</i> | 12:30-1:30 YS ◆ Vinyasa Yoga <i>Luciana Freire</i> | | | | |
| 12:00-12:45 S3 ◆ Indoor Rowing <i>Beth Chilcott</i> | 12:00-12:45 YS ◆ Barre <i>Zsolt Banki</i> | 12:30-1:30 YS ◆ Vinyasa Yoga <i>James Afshar</i> | 12:30-1:30 YS ◆ Vinyasa Yoga <i>James Afshar</i> | 12:30-1:30 YS ◆ Vinyasa Yoga <i>James Afshar</i> | 12:00-12:45 YS ◆ Barre <i>Christina Sinclair</i> | 12:30-1:30 YS ◆ Vinyasa Yoga <i>James Afshar</i> | 12:00-12:45 YS ◆ Barre <i>Christina Sinclair</i> | 5:30-6:15 MS ◆ Studio Dance <i>Matt Day</i> | 5:30-6:15 MS ◆ Studio Dance <i>Matt Day</i> | | | | |
| 12:30-1:30 YS ◆ Vinyasa Yoga <i>Newton Campbell</i> | 12:15-1:00 MS ◆ Stacked! <i>Rachel Neal</i> | 4:30-5:15 YS ◆ Barre <i>Zsolt Banki</i> | 4:30-5:15 YS ◆ Barre <i>Zsolt Banki</i> | 4:30-5:15 YS ◆ Barre <i>Zsolt Banki</i> | 12:15-1:00 MS ◆ Tabata Max <i>Lisa Kinder</i> | 4:30-5:15 YS ◆ Barre <i>Zsolt Banki</i> | 12:15-1:00 MS ◆ Tabata Max <i>Lisa Kinder</i> | | | | | | |
| 4:30-5:15 YS ◆ Barre <i>Zsolt Banki</i> | 4:30-5:30 YS ◆ Vinyasa Yoga <i>Wende Lichon</i> | 5:15-6:00 RD ◆ TRX Max <i>Joan Wenson</i> | 5:15-6:00 RD ◆ TRX Max <i>Joan Wenson</i> | 5:15-6:00 RD ◆ TRX Max <i>Joan Wenson</i> | 4:30-5:30 YS ◆ Vinyasa Yoga <i>Newton Campbell</i> | 5:15-6:00 RD ◆ TRX Max <i>Joan Wenson</i> | 4:30-5:30 YS ◆ Vinyasa Yoga <i>Newton Campbell</i> | | | | | | |
| 5:30-6:15 MS ◆ STRONG <i>Team Equinox</i> | 5:15-6:00 MS ◆ Stacked! <i>Rachel Neal</i> | 5:30-6:15 MS ◆ Tabata Max <i>Andy Park</i> | 5:30-6:15 MS ◆ Tabata Max <i>Andy Park</i> | 5:30-6:15 MS ◆ Tabata Max <i>Andy Park</i> | 5:15-6:00 MS ◆ Cardio Kickboxing <i>Seda Balci</i> | 5:30-6:15 MS ◆ Tabata Max <i>Andy Park</i> | 5:15-6:00 MS ◆ Cardio Kickboxing <i>Seda Balci</i> | | | | | | |
| 5:45-6:30 TR ◆ Precision Run® <i>Rachel Neal</i> | 5:30-6:15 CS ◆ Cycle Power <i>Norma Shechtman</i> | 5:45-6:30 TR ◆ Precision Run® <i>Kimball Theoret</i> | 5:45-6:30 TR ◆ Precision Run® <i>Kimball Theoret</i> | 5:45-6:30 TR ◆ Precision Run® <i>Kimball Theoret</i> | 5:30-6:15 Indoor Rowing <i>Kimball Theoret</i> | 5:45-6:30 TR ◆ Precision Run® <i>Kimball Theoret</i> | 5:30-6:15 Indoor Rowing <i>Kimball Theoret</i> | | | | | | |
| 6:00-7:00 YS ◆ Vinyasa Yoga <i>James Afshar</i> | 6:00-6:45 YS ◆ Barre <i>Zsolt Banki</i> | 6:00-7:00 YS ◆ Vinyasa Yoga <i>Paul DaSilva</i> | 6:00-7:00 YS ◆ Vinyasa Yoga <i>Paul DaSilva</i> | 6:00-7:00 YS ◆ Vinyasa Yoga <i>Paul DaSilva</i> | 6:00-6:45 YS ◆ Barre <i>Zsolt Banki</i> | 6:00-7:00 YS ◆ Vinyasa Yoga <i>Paul DaSilva</i> | 6:00-6:45 YS ◆ Barre <i>Zsolt Banki</i> | | | | | | |
| 6:30-7:15 CS ◆ Cycle Beats <i>Matthew Ritter</i> | 6:30-7:15 MS ◆ Athletic Conditioning <i>Anthony Fernandez</i> | 6:30-7:15 CS ◆ Cycle Beats <i>Matthew Ritter</i> | 6:30-7:15 CS ◆ Cycle Beats <i>Matthew Ritter</i> | 6:30-7:15 CS ◆ Cycle Beats <i>Matthew Ritter</i> | 6:30-7:15 MS ◆ Stacked! <i>Kimball Theoret</i> | 6:30-7:15 CS ◆ Cycle Beats <i>Matthew Ritter</i> | 6:30-7:15 MS ◆ Stacked! <i>Kimball Theoret</i> | | | | | | |
| 6:45-7:30 MS ◆ Best Butt Ever <i>Lucas Blankenhom</i> | | 6:45-7:30 MS ◆ Studio Dance <i>Rucky McKinley</i> | 6:45-7:30 MS ◆ Studio Dance <i>Rucky McKinley</i> | 6:45-7:30 MS ◆ Studio Dance <i>Rucky McKinley</i> | | 6:45-7:30 MS ◆ Studio Dance <i>Rucky McKinley</i> | 6:30-7:15 MS ◆ Stacked! <i>Kimball Theoret</i> | | | | | | |

EQUINOX

SPORTS CLUB ORANGE COUNTY

1980 MAIN STREET
IRVINE CA 92614
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 10:00PM

FRI: 5:00AM - 8:00PM

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

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

GENERAL MANAGER

PAUL TORRAO
paul.torrao@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

RD Roof Deck
MS Main Studio
PD Pool Deck
YS Yoga Studio
TR Treadmill Area
S3 Studio 3
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

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

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.

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

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.

INDOOR ROWING A team-based workout held in a stand-alone rowing studio. This low impact yet high intensity workout gets you big results. Increase your endurance while you gain total body strength and build power.

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.

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.

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.

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

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.

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.

POOL

EQX H2O: ENDURANCE Challenge yourself with long-distance sets inspired by open-water swimming and triathlon training. Build strength and improve cardio fitness. Goggles recommended. An Equinox exclusive.

EQX H2O: SPEED Master sprints to optimize your speed, technique, and form. Race your way through competitive strokes and turns as you improve cardio fitness. Goggles recommended. An Equinox exclusive.