

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆ Athletic Conditioning <i>Jill Austin</i>		6:30-7:15 YS ◆ Pilates Fusion <i>Monica Diederich</i>		6:30-7:15 MS ◆ Stacked! <i>Pasquale Guiducci</i>		6:30-7:15 YS ◆ True Barre <i>Mathew Makings</i>		6:30-7:15 MS ◆ Athletic Conditioning Andrew Blake Ames		8:30-9:15 MS ◆ Best Butt Ever + Best Abs Ever <i>Delf Enriquez</i>		9:00-9:45 YS ◆ Pilates Mat <i>Amber Adams</i>	
8:00-8:45 TR ◆ Precision Run® <i>Shaimaa Masoud</i>		6:45-7:30 CS ◆ Cycle Power <i>George Wyhinny</i>		7:00-7:45 TR ◆ Precision Run® <i>Kari McKillip</i>		6:45-7:30 CS ◆ Cycle Beats <i>Wil Ashley</i>		7:30-8:15 MS ◆ Best Butt Ever Andrew Blake Ames		9:15-10:00 YS ◆ Pilates Mat <i>Dave Leong</i>		9:15-10:00 MS ◆ Athletic Conditioning <i>Jill Austin</i>	
9:00-10:00 YS ◆ Vinyasa Yoga <i>Sarra Morton</i>		8:00-8:45 MS ◆ Athletic Conditioning <i>Elle Young</i>		8:00-8:45 YS ◆ Off The Barre <i>Stephanie Hall</i>		8:00-8:45 MS ◆ Athletic Conditioning <i>Elle Young</i>		9:00-9:45 TR ◆ Precision Run® <i>Jenia Koroleva</i>		9:30-10:15 CS ◆ Cycle Beats <i>Angela Leigh</i>		10:30-11:30 YS ◆ Vinyasa Yoga <i>Eileen O'Connell</i>	
9:30-10:15 MS ◆ STRONG <i>Monique Bell</i>		9:00-9:45 YS ◆ Off The Barre <i>Pia Kamonsit</i>		8:15-9:00 CS ◆ Cycle Power <i>Rick Logan</i>		9:15-10:00 YS ◆ Barefoot Body Sculpt <i>Pasquale Guiducci</i>		9:30-10:15 MS ◆ Tabata Max <i>Drea Marchesi</i>		10:15-11:00 MS ◆ Tabata Max <i>Dave Leong</i>		11:00-11:45 MS ◆ Cardio Dance <i>Manu Fernandez</i>	
12:00-12:45 MS ◆ PURE STRENGTH <i>Delf Enriquez</i>		9:30-10:15 CS ◆ Cycle Power <i>Yifat Binder</i>		9:00-10:00 YS ◆ Vinyasa Yoga <i>Austin Hollingshead</i>		9:30-10:20 CS ◆ Cycle Power <i>Yifat Binder</i>		12:00-12:45 CS ◆ Cycle Beats <i>Ronit Koren</i>		12:00-12:45 MS ◆ STRONG <i>Delf Enriquez</i>			
12:15-1:00 YS ◆ Pilates Mat <i>Regina Santos</i>		10:30-11:15 TR ◆ Precision Run® <i>Yifat Binder</i>		9:30-10:15 MS ◆ METCON3 <i>Elle Young</i>		12:00-1:00 YS ◆ Hatha Yoga <i>Robert Aсталos</i>		12:15-1:15 YS ◆ Vinyasa Yoga <i>Joseph Seeman</i>					
1:15-2:00 YS ◆ Off The Barre <i>Regina Santos</i>		12:00-1:00 YS ◆ Vinyasa Yoga + Meditation <i>Alex Dawson</i>		10:30-11:15 MS ◆ STRONG <i>Elle Young</i>		12:30-1:15 MS ◆ Cardio Boxing <i>U. B. Sanchez</i>		4:00-4:45 MS ◆ METCON3 <i>Jesse Rey</i>					
4:00-4:45 YS ◆ Pilates Fusion <i>Jenny Eisenberg</i>		12:30-1:15 MS ◆ Cardio Boxing <i>Cody Stoute</i>		12:15-1:00 MS ◆ Best Butt Ever + Best Abs Ever <i>Jennifer Padilla</i>		4:30-5:15 MS ◆ Cardio Sculpt <i>Manu Fernandez</i>		5:00-6:00 YS ◆ Regeneration Yoga <i>Robert Aсталos</i>					
5:00-5:45 MS ◆ STRONG <i>Juan Hidalgo</i>		5:00-5:45 MS ◆ Tabata Max <i>Fiona Hwang</i>		12:30-1:30 YS ◆ Vinyasa Yoga <i>Jenny Geysler</i>		4:45-5:45 YS ◆ Athletic Yoga <i>Joseph Seeman</i>							
5:30-6:15 TR ◆ Precision Run® <i>Monique Bell</i>		5:15-6:15 YS ◆ Athletic Yoga <i>Dylan Drew</i>		1:15-2:00 TR ◆ Precision Run® <i>Jennifer Padilla</i>		5:30-6:20 MS ◆ AK! Rope <i>Manu Fernandez</i>							
6:00-6:45 CS ◆ Cycle Beats <i>Wil Ashley</i>		6:00-6:45 MS ◆ THE CUT <i>Fiona Hwang</i>		5:00-5:45 MS ◆ METCON3 <i>Juan Hidalgo</i>		6:00-7:00 YS ◆ Yoga Strong <i>Alexandra Shepherd</i>							
6:15-7:00 MS ◆ Athletic Conditioning <i>Juan Hidalgo</i>				6:00-6:45 CS ◆ Cycle Power <i>Delf Enriquez</i>									
6:30-7:30 YS ◆ Regeneration Yoga <i>Lynn Taylor</i>				6:15-7:00 TR ◆ Precision Run® <i>Juan Hidalgo</i>									
				6:30-7:15 YS ◆ Pilates Mat <i>Dave Leong</i>									

EQUINOX

CENTURY CITY

10250 SANTA MONICA
BOULEVARD
CENTURY CITY CA 90067
EQUINOX.COM
@EQUINOX

MON - THU: 6:00AM - 9:00PM

FRI: 6:00AM - 8:00PM

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

GROUP FITNESS MANAGER

delf.enriquez@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
YS	Yoga Studio
MS	Main 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.

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.

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 + 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.

ATHLETIC TRAINING

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.

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.

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.

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.

BARRE

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.

TRUE BARRE This at-the-barre class incorporates a series of authentic

bare 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 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.

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

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

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.