

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS ◆ Cycle Beats <i>Lauren Leitner</i>	6:30-7:15 MS ◆ METCON3 <i>Kim Masinter</i>	6:15-7:00 MS ◆ <b>Stacked!</b> <i>Kim Masinter</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Caft Yiu</i>	6:00-6:45 CS ◆ Cycle Power <i>George Wyhinny</i>	6:30-7:15 MS ◆ Tabata Max <i>Valentine Baker</i>	6:15-7:00 MS ◆ Whipped! <i>Elle Young</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Rachel Ross</i>	6:30-7:15 MS ◆ Power Yoga + Meditation <i>Joseph Seeman</i>	8:00-8:45 TR ◆ Precision Run® <i>Greg Cohen</i>	8:00-8:45 TR ◆ THE CUT <i>Kari McKillip</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Emilie Perz</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Emilie Perz</i>	9:00-9:45 MS ◆ Master of One <i>Stephanie Carter</i>
7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) <i>Austin Hollingshead</i>	7:00-7:45 CS ◆ Cycle Power <i>Latif Diop</i>	7:00-7:45 CS ◆ Cycle Power <i>Latif Diop</i>	8:00-8:45 MS ◆ Athletic Conditioning <i>Greg Cohen</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Angela Leigh</i>	8:15-9:00 MS ◆ STRONG <i>Daxton Bloomquist</i>	7:00-7:45 CS ◆ Cycle Beats <i>Rick Logan</i>	8:00-8:45 MS ◆ 4X4 <i>Rick Logan</i>	8:15-9:00 MS ◆ Cardio Dance <i>Kierstan Hernandez</i>	8:30-9:15 CS ◆ Cycle Beats <i>Joseph Seeman</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Gaviella Rubin</i>	9:00-9:45 CS ◆ Cycle Beats <i>Bernard Colburn</i>	9:45-10:30 CS ◆ Cycle Beats <i>Ronit Koren</i>	10:00-11:00 YS ◆ Trilogy Barre <i>Stephanie Carter</i>
7:15-8:00 TR ◆ Precision Run® <i>Kari McKillip</i>	8:45-9:30 CS ◆ <b>Cycle Beats</b> <i>Joseph Seeman</i>	8:45-9:30 CS ◆ <b>Cycle Beats</b> <i>Joseph Seeman</i>	9:00-9:45 YS ◆ True Barre <i>Mathew Makings</i>	8:30-9:15 CS ◆ Cycle Beats <i>Shai Stiggers</i>	8:30-9:15 TR ◆ Elevate <i>Greg Cohen</i>	9:30-10:30 YS ◆ Spirit Yoga <i>Jen E. Smith</i>	9:00-9:45 YS ◆ Trilogy Barre <i>Devan Medrano</i>	9:30-10:15 MS ◆ Tabata Max + Best Abs Ever <i>U. B. Sanchez</i>	9:00-9:45 YS ◆ Trilogy Barre <i>Devan Medrano</i>	10:30-10:15 MS ◆ METCON3 <i>Greg Cohen</i>	10:15-11:00 YS ◆ Barre <i>Kayla Sameski</i>	10:30-11:15 CS ◆ Cycle Power <i>Wil Ashley</i>	10:30-11:15 MS ◆ <b>Cardio Sculpt</b> <i>Be Solomon</i>
8:00-8:45 MS ◆ Best Butt Ever <i>Daxton Bloomquist</i>	9:15-10:00 MS ◆ <b>Cardio Sculpt</b> <i>Arielle Creager</i>	9:15-10:00 MS ◆ <b>Cardio Sculpt</b> <i>Arielle Creager</i>	10:30-11:30 YS ◆ Power Yoga + Meditation <i>Pia Kamonsit</i>	9:30-10:15 MS ◆ <b>Stacked!</b> <i>Be Solomon</i>	9:30-10:15 MS ◆ <b>Stacked!</b> <i>Be Solomon</i>	12:15-1:00 MS ◆ Cardio Boxing <i>Steven Dell</i>	10:45-11:45 YS ◆ <b>Athletic Yoga</b> <i>Be Solomon</i>	10:45-11:45 YS ◆ <b>Athletic Yoga</b> <i>Be Solomon</i>	10:45-11:30 MS ◆ 4X4 <i>Fiona Hwang</i>	10:45-11:30 MS ◆ 4X4 <i>Fiona Hwang</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Lynn Taylor</i>	3:00-4:00 YS ◆ Yin Yoga (HEATED) <i>Jenny Geysler</i>	3:00-4:00 YS ◆ Yin Yoga (HEATED) <i>Jenny Geysler</i>
8:30-9:15 CS ◆ Cycle Beats <i>Buddy Macuha</i>	10:30-11:30 YS ◆ Power Yoga + Meditation <i>Pia Kamonsit</i>	12:15-1:15 YS ◆ Athletic Yoga <i>Pasquale Guiducci</i>		10:45-11:30 YS ◆ Pilates Mat <i>Devan Medrano</i>	12:15-1:15 YS ◆ Athletic Yoga <i>Pasquale Guiducci</i>	5:15-6:00 MS ◆ Tabata Max <i>Derek Ringold</i>	12:00-12:45 MS ◆ <b>Best Butt Ever</b> <i>Jesse Rey</i>	12:00-12:45 MS ◆ <b>Best Butt Ever</b> <i>Jesse Rey</i>	12:00-1:00 YS ◆ Vinyasa Yoga + Meditation <i>Rachel Ross</i>	12:00-1:00 YS ◆ Vinyasa Yoga + Meditation <i>Rachel Ross</i>			
9:30-10:15 MS ◆ Master of One <i>Elle Young</i>		1:00-1:45 CS ◆ Cycle Beats <i>Ronit Koren</i>		12:30-1:15 YS ◆ Pilates Mat <i>Lesley Greer</i>	1:00-1:45 CS ◆ Cycle Beats <i>Ronit Koren</i>	5:30-6:15 TR ◆ Precision Run® <i>Shaimaa Masoud</i>	1:00-1:45 CS ◆ Cycle Power <i>Yifat Binder</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Lesley Greer</i>					
10:45-11:30 YS ◆ Barre <i>Taliah Mekki</i>		4:45-5:45 YS ◆ <b>Yoga Strong</b> <i>Sara Mbrton</i>		12:30-1:15 YS ◆ Pilates Mat <i>Lesley Greer</i>	4:45-5:45 YS ◆ <b>Yoga Strong</b> <i>Sara Mbrton</i>	5:30-6:15 YS ◆ Pilates Mat <i>Devan Medrano</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Lesley Greer</i>	5:45-6:30 CS ◆ Cycle Beats <i>Rick Logan</i>					
12:15-1:15 YS ◆ Power Yoga + Meditation <i>Emmie Danza</i>	5:15-6:00 MS ◆ Best Butt Ever <i>Simone Berry</i>	5:00-5:45 MS ◆ Firestarter + Best Abs Ever <i>Dave Leong</i>		1:00-1:45 CS ◆ Cycle Beats <i>Ronit Koren</i>	5:00-5:45 MS ◆ Firestarter + Best Abs Ever <i>Dave Leong</i>	6:00-6:45 CS ◆ Cycle Beats <i>Anthony Borges</i>	7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) <i>Devan Medrano</i>						
1:00-1:45 CS ◆ Cycle Beats <i>Yifat Binder</i>	5:30-6:15 TR ◆ Precision Run® <i>Jenia Koroleva</i>	5:45-6:30 CS ◆ <b>Cycle Beats</b> <i>Jeff McMullen</i>		4:45-5:45 YS ◆ <b>Yoga Strong</b> <i>Sara Mbrton</i>	5:45-6:30 CS ◆ <b>Cycle Beats</b> <i>Jeff McMullen</i>	6:00-6:45 TR ◆ <b>Precision Run®</b> <i>Buddy Macuha</i>							
4:45-5:45 YS ◆ Vinyasa Yoga + Meditation <i>Jenny Geysler</i>	5:30-6:15 YS ◆ Off The Barre <i>Stephanie Carter</i>	6:00-6:45 TR ◆ <b>Precision Run®</b> <i>Buddy Macuha</i>		4:45-5:45 YS ◆ <b>Yoga Strong</b> <i>Sara Mbrton</i>	6:00-6:45 TR ◆ <b>Precision Run®</b> <i>Buddy Macuha</i>	6:15-7:00 MS ◆ THE CUT <i>Fiona Hwang</i>							
5:00-5:45 MS ◆ Athletic Conditioning <i>Greg Cohen</i>	6:00-6:45 CS ◆ Cycle Power <i>Anthony Borges</i>	6:15-7:00 MS ◆ THE CUT <i>Fiona Hwang</i>		5:00-5:45 MS ◆ Firestarter + Best Abs Ever <i>Dave Leong</i>	6:15-7:00 MS ◆ THE CUT <i>Fiona Hwang</i>	6:30-7:15 YS ◆ Barre <i>Kayla Sameski</i>							
5:45-6:30 CS ◆ Cycle Beats <i>Frank Marino</i>	6:45-7:30 MS ◆ METCON3 <i>Stephanie Carter</i>	6:30-7:15 YS ◆ Barre <i>Kayla Sameski</i>		5:45-6:30 CS ◆ <b>Cycle Beats</b> <i>Jeff McMullen</i>	6:30-7:15 YS ◆ Barre <i>Kayla Sameski</i>	7:15-8:00 MS ◆ Cardio Dance <i>Manu Fernandez</i>							
6:00-6:45 TR ◆ Precision Run® <i>Greg Cohen</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Erin Grossman</i>	7:15-8:00 MS ◆ Cardio Dance <i>Manu Fernandez</i>		6:00-6:45 TR ◆ <b>Precision Run®</b> <i>Buddy Macuha</i>	7:15-8:00 MS ◆ Cardio Dance <i>Manu Fernandez</i>								
6:15-7:00 MS ◆ Ropes and Rowers <i>U. B. Sanchez</i>				6:15-7:00 MS ◆ THE CUT <i>Fiona Hwang</i>									
6:30-7:15 MS ◆ METCON3 <i>Kim Masinter</i>				6:30-7:15 YS ◆ Barre <i>Kayla Sameski</i>									
7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) <i>Austin Hollingshead</i>				7:15-8:00 MS ◆ Cardio Dance <i>Manu Fernandez</i>									
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10:45-11:30 YS ◆ Barre <i>Taliah Mekki</i>													

# EQUINOX

## MIRACLE MILE

5750 WILSHIRE BOULEVARD  
LOS ANGELES CA 90036  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 9:00PM

**FRI:** 5:00AM - 8:00PM

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

KID'S CLUB HOURS

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

## GROUP FITNESS MANAGER

gregorycohen@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
MS	Main Studio
TR	Treadmill Area
YS	Yoga 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

**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.

**POWER YOGA + MEDITATION** A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

**SPIRIT YOGA** An open class focused on clearing your mind and connecting with your body through meditative poses.

**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.

**YIN YOGA (HEATED)** Releasing tension through prolonged poses, this heated, open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**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.

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.

**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 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.

**PILATES MAT (HEATED)** 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

**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.

## **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?

**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.

**FIRESTARTER + BEST ABS EVER** A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance 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.

**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.