

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆ Ropes and Rowers <i>Ian Culbertson</i>	6:00-6:45 MS ◆ Body Sculpt <i>Nikki Elliott</i>	6:15-7:15 YS ◆ Trilogy Barre <i>Stephanie Carter</i>	6:30-7:15 CS ◆ Cycle Power <i>Karen Schneider</i>	6:30-7:15 MS ◆ Stacked! <i>Jada Kelly</i>	6:30-7:15 CS ◆ Cycle Power <i>Amy Robertson</i>	6:30-7:15 MS ◆ Stacked! <i>Jada Kelly</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Kate Stone</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Ian Culbertson</i>	7:00-7:45 TR ◆ Precision Run@ <i>Ross Neumann</i>	7:30-8:15 YS ◆ Pilates Fusion <i>Susannah Hake</i>	8:00-8:45 MS ◆ Off The Barre <i>Dane Sorensen</i>	8:00-8:45 MS ◆ METCON3 <i>Alexis Harrell</i>	8:00-8:45 MS ◆ Cycle Power <i>Alexis Harrell</i>
7:30-8:15 CS ◆ Cycle Beats <i>Karen Schneider</i>	6:30-7:15 CS ◆ Cycle Power <i>Amy Robertson</i>	6:30-7:15 MS ◆ Stacked! <i>Jada Kelly</i>	7:30-8:30 YS ◆ Pilates Mat <i>Monica Diederich</i>	7:00-7:45 TR ◆ Precision Run@ <i>Shaimaa Masoud</i>	7:30-8:15 MS ◆ Athletic Yoga <i>Kate Stone</i>	7:30-8:15 CS ◆ Cycle Beats <i>Karen Schneider</i>	7:30-8:15 CS ◆ Cycle Power <i>Amy Robertson</i>	7:00-7:45 TR ◆ Precision Run@ <i>Ross Neumann</i>	7:30-8:15 CS ◆ Cycle Power <i>Wil Ashley</i>	9:00-9:45 YS ◆ Pilates Fusion <i>Susannah Hake</i>	9:00-9:45 YS ◆ Pilates Fusion <i>Susannah Hake</i>	9:00-9:45 CS ◆ Cycle Power <i>Kyra Stahr</i>	9:00-9:45 CS ◆ Cycle Power <i>Kyra Stahr</i>
8:00-8:45 YS ◆ Pilates Mat <i>Monica Diederich</i>	7:30-8:30 YS ◆ Athletic Yoga <i>Kate Stone</i>	7:00-7:45 TR ◆ Precision Run@ <i>Shaimaa Masoud</i>	8:15-9:00 MS ◆ Boxing <i>Steven Dell</i>	7:30-8:15 CS ◆ Cycle Beats <i>Karen Schneider</i>	8:15-9:00 MS ◆ THE CUT <i>Kari McKillip</i>	8:15-9:00 CS ◆ Cycle Beats <i>Karen Schneider</i>	8:30-9:15 MS ◆ METCON3 <i>Andrew Blake Ames</i>	8:30-9:15 CS ◆ Cycle Power <i>Wil Ashley</i>	8:45-9:30 CS ◆ Cycle Beats <i>Sara McGowan</i>	9:30-10:15 CS ◆ Cycle Beats <i>Stephanie Carter</i>	9:30-10:15 CS ◆ Cycle Beats <i>Stephanie Carter</i>	10:00-11:15 YS ◆ Hatha Yoga <i>Aren Wolf</i>	10:00-11:15 YS ◆ Hatha Yoga <i>Aren Wolf</i>
8:15-9:00 MS ◆ Boxing <i>Steven Dell</i>	7:45-8:30 TR ◆ Precision Run@ <i>Jenia Koroleva</i>	7:30-8:15 CS ◆ Cycle Beats <i>Karen Schneider</i>	9:30-10:30 MS ◆ Vinyasa Yoga <i>Sara Morton</i>	8:15-9:00 MS ◆ THE CUT <i>Kari McKillip</i>	8:15-9:00 MS ◆ THE CUT <i>Kari McKillip</i>	8:15-9:00 CS ◆ Cycle Beats <i>Karen Schneider</i>	8:30-9:15 MS ◆ METCON3 <i>Andrew Blake Ames</i>	9:30-10:20 YS ◆ Pilates Mat <i>Pia Kamonsit</i>	9:45-10:30 MS ◆ Cardio Sculpt <i>Taliah Mekki</i>	10:00-10:45 MS ◆ Athletic Conditioning <i>Derek Ringold</i>	10:00-10:45 MS ◆ Athletic Conditioning <i>Derek Ringold</i>	10:30-11:15 TR ◆ Precision Run@ <i>Shaimaa Masoud</i>	10:30-11:15 TR ◆ Precision Run@ <i>Shaimaa Masoud</i>
9:30-10:30 YS ◆ Vinyasa Yoga <i>Malachi Grieves</i>	8:30-9:15 MS ◆ METCON3 <i>Andrew Blake Ames</i>	8:15-9:00 MS ◆ THE CUT <i>Kari McKillip</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	9:30-10:30 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	9:30-10:30 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	9:30-10:30 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	9:30-10:15 YS ◆ Barre <i>Amy Bishop</i>	9:45-10:30 MS ◆ Cardio Sculpt <i>Taliah Mekki</i>	12:00-12:45 MS ◆ Stacked! <i>Jada Kelly</i>	11:00-11:45 MS ◆ Cardio Kickboxing <i>Mchael Reeves</i>	11:00-11:45 MS ◆ Cardio Kickboxing <i>Mchael Reeves</i>	11:15-12:00 CS ◆ Cycle Beats <i>Ronit Koren</i>	11:15-12:00 CS ◆ Cycle Beats <i>Ronit Koren</i>
9:45-10:30 MS ◆ METCON3 <i>Valeriya Rimer</i>	9:30-10:15 YS ◆ Barre <i>Amy Bishop</i>	9:30-10:30 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Jen E. Smith</i>	12:00-12:45 CS ◆ Cycle Beats <i>Justin Rubin</i>	12:00-12:45 CS ◆ Cycle Beats <i>Justin Rubin</i>	12:00-12:45 MS ◆ Stacked! <i>Jada Kelly</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Jen E. Smith</i>	12:00-12:45 MS ◆ Stacked! <i>Jada Kelly</i>	12:00-12:45 MS ◆ Stacked! <i>Jada Kelly</i>	11:30-12:15 CS ◆ Cycle Power <i>Amy Robertson</i>	11:30-12:15 CS ◆ Cycle Power <i>Amy Robertson</i>	11:30-12:15 MS ◆ Cardio Dance <i>Dane Sorensen</i>	11:30-12:15 MS ◆ Cardio Dance <i>Dane Sorensen</i>
12:15-1:15 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Jen E. Smith</i>	12:00-12:45 CS ◆ Cycle Beats <i>Justin Rubin</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Daxton Bloomquist</i>	12:15-1:00 YS ◆ Barre <i>Amy Bishop</i>	12:15-1:00 YS ◆ Barre <i>Amy Bishop</i>	12:00-12:45 MS ◆ Stacked! <i>Jada Kelly</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Daxton Bloomquist</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Valeriya Rimer</i>	12:00-12:45 MS ◆ METCON3 <i>Cody Stoute</i>	12:00-12:15 CS ◆ Cycle Power <i>Amy Robertson</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	1:00-2:00 YS ◆ Restorative Yoga <i>Kiyomi Takahashi</i>	1:00-2:00 YS ◆ Restorative Yoga <i>Kiyomi Takahashi</i>
4:00-4:45 MS ◆ Stacked! <i>Kathy Habert</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Daxton Bloomquist</i>	12:15-1:00 YS ◆ Barre <i>Amy Bishop</i>	4:00-4:45 MS ◆ Pilates Fusion <i>Dane Sorensen</i>	4:00-4:45 YS ◆ Cycle Beats <i>Jen E. Smith</i>	4:00-4:45 YS ◆ Cycle Beats <i>Jen E. Smith</i>	4:00-4:45 CS ◆ Cycle Beats <i>Jen E. Smith</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Jenny Geyser</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>		
5:00-5:45 TR ◆ Precision Run@ <i>Rene Wiley</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	4:00-4:45 YS ◆ Pilates Fusion <i>Dane Sorensen</i>	5:00-5:45 TR ◆ Precision Run@ <i>Amy Robertson</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Vance Vlasek</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Vance Vlasek</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Vance Vlasek</i>	5:00-5:45 TR ◆ Precision Run@ <i>Amy Robertson</i>	5:30-6:15 MS ◆ Tabata Max <i>Derek Ringold</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Jenny Geyser</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>		
5:15-5:45 MS ◆ Firestarter <i>Kari McKillip</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Sara Morton</i>	5:00-5:45 TR ◆ Precision Run@ <i>Amy Robertson</i>	6:00-6:45 MS ◆ METCON3 <i>Andre Aultman</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	5:30-6:15 MS ◆ Tabata Max <i>Derek Ringold</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Jenny Geyser</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>		
5:30-6:30 YS ◆ Athletic Yoga <i>Austin Hollingshead</i>	5:00-5:45 MS ◆ Master of One <i>Alexis Harrell</i>	6:00-6:45 MS ◆ METCON3 <i>Andre Aultman</i>	6:15-7:00 CS ◆ Cycle Power <i>Rich Song</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	5:30-6:15 MS ◆ Tabata Max <i>Derek Ringold</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Jenny Geyser</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>		
5:45-6:00 MS ◆ Best Abs Ever <i>Kari McKillip</i>	6:00-6:45 CS ◆ Cycle Beats <i>Greg Davis</i>	6:15-7:00 CS ◆ Cycle Power <i>Rich Song</i>	7:00-8:00 YS ◆ Hatha Yoga <i>Tara Zinnamon</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	5:30-6:15 MS ◆ Tabata Max <i>Derek Ringold</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Jenny Geyser</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>		
6:00-6:45 CS ◆ Cycle Beats <i>Rene Wiley</i>	6:30-7:15 MS ◆ Tabata Max <i>Derek Ringold</i>	7:00-8:00 YS ◆ Hatha Yoga <i>Tara Zinnamon</i>	7:15-8:00 MS ◆ Stacked! <i>Rich Song</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	5:30-6:15 MS ◆ Tabata Max <i>Derek Ringold</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Jenny Geyser</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>		
6:15-7:00 MS ◆ Tabata Max <i>Valentine Baker</i>	7:00-7:45 YS ◆ Barre <i>Jaclyn Betham</i>	7:00-8:00 YS ◆ Hatha Yoga <i>Tara Zinnamon</i>	7:15-8:00 MS ◆ Stacked! <i>Rich Song</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	5:30-6:15 MS ◆ Tabata Max <i>Derek Ringold</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Jenny Geyser</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>		
7:00-7:45 YS ◆ Pilates Fusion <i>Jaclyn Betham</i>	7:00-7:45 YS ◆ Barre <i>Jaclyn Betham</i>	7:15-8:00 MS ◆ Stacked! <i>Rich Song</i>	7:15-8:00 MS ◆ Stacked! <i>Rich Song</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	6:00-6:45 MS ◆ Master of One <i>Stephanie Carter</i>	5:30-6:15 MS ◆ Tabata Max <i>Derek Ringold</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Jenny Geyser</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>	12:00-1:00 YS ◆ Yoga Strong <i>Valeriya Rimer</i>		

EQUINOX

CULVER CITY

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BOULEVARD
CULVER CITY CA 90232
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@EQUINOX

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

FRI: 5:00AM - 8:00PM

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

GROUP FITNESS MANAGER

sarra.morton@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

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.

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 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

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 ABS EVER A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

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 A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping. An Equinox Exclusive.

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.

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.

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.

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.

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

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

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.

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.

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.

 **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.