

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:00 CS * Beats Ride <i>Ashley Chin</i>	6:30-7:15 TR * Precision Walk: Elevate <i>Trevor Hill</i>	7:15-8:15 YS * Vinyasa Yoga <i>Warren Lange</i>	6:45-7:15 TR * Precision Run 30 <i>Trevor Hill</i>	7:15-8:00 YS * Barefoot Sculpt <i>Emma DiLauro</i>
7:15-7:45 MS * Best Butt Ever <i>Annalisa Brown</i>	7:15-8:00 MS * Rounds: Boxing Circuit <i>Eric Guerra</i>	7:30-7:45 MS * Upper Body Pump <i>Vince Mendoza</i>	7:15-8:00 MS * Stronger <i>Greg Alan</i>	7:30-8:15 RG * The Rig: Circuit <i>Chris Turner</i>
7:45-8:15 MS * Best Abs Ever <i>Annalisa Brown</i>	7:15-8:00 YS * Pilates Rise <i>Jordanna Dworkin</i>	7:45-8:00 MS * Best Abs Ever <i>Vince Mendoza</i>	7:15-8:15 YS * Sculpted Yoga™ <i>Marinna Kus</i>	12:00-1:00 YS * Vinyasa Yoga <i>Warren Lange</i>
12:00-1:00 YS * Sculpted Yoga™ <i>Marinna Kus</i>	12:00-12:30 CS * Beats Ride 30 <i>NinaAnn Phan</i>	12:00-12:45 YS * Power Vinyasa <i>Kiley Holliday</i>	12:00-12:30 CS * Beats Ride 30 <i>Tess Monahan</i>	4:00-4:45 MS * Rounds: Boxing Circuit <i>Eric Guerra</i>
4:00-4:45 MS * MetCon Monday <i>Mark Protacio</i>	12:30-1:15 YS * Pilates Rise <i>Jordanna Dworkin</i>	4:00-4:45 MS * Rhythmic Sculpt <i>Kate Wiles</i>	12:30-1:15 YS * Pilates Fusion <i>Precious Moreno</i>	4:00-4:45 YS * Trilogy Barre <i>Kate Wiles</i>
4:00-4:45 YS * Power Vinyasa <i>Haley Havelock</i>	12:45-1:00 MS * Lower Body Blast <i>NinaAnn Phan</i>	4:00-4:45 YS * Yin Yoga <i>Warren Lange</i>	4:00-4:50 MS * Whipped! <i>NinaAnn Phan</i>	5:00-6:00 YS * Weekend Wind Down Yoga <i>Cecily Guest</i>
5:00-5:45 MS * Best Butt Ever <i>Rich Morris</i>	1:00-1:15 MS * Upper Body Pump <i>NinaAnn Phan</i>	5:00-5:45 MS * Stacked <i>Lauren Settembrino</i>	4:00-4:50 YS * Pilates Rise <i>Vanessa Wilkins</i>	5:30-6:15 MS * MetCon3 <i>Lauren Settembrino</i>
5:00-5:45 YS * Trilogy Barre <i>Lily Klausner</i>	4:00-4:30 MS * Best Butt Ever <i>NinaAnn Phan</i>	5:00-5:45 YS * Pilates Fusion <i>Gina Soberanis</i>	5:00-6:00 YS * Vinyasa Yoga <i>Denelle Numis</i>	
5:15-6:00 TR * Precision Run® <i>Garrett Kale</i>	4:00-4:45 YS * Trilogy Barre <i>Kate Wiles</i>	5:30-6:15 CS * Beats Ride <i>Willy Kellogg</i>	5:15-6:00 CS * Anthem Ride <i>Trevor Yip</i>	
5:30-6:20 CS * Precision Ride <i>Malcolm Eaton</i>	4:30-4:45 MS * Upper Body Pump <i>NinaAnn Phan</i>	6:15-7:00 YS * Vinyasa Yoga <i>Stephanie Vu</i>	5:15-5:45 MS * Best Butt Ever <i>Vanessa Wilkins</i>	
5:45-6:00 MS * Upper Body Pump <i>Rich Morris</i>	4:45-5:00 MS * Athletic Stretch <i>NinaAnn Phan</i>	6:30-7:15 MS * Studio Dance: Hip Hop <i>Jessica Rae</i>	5:45-6:15 MS * Best Abs Ever <i>Vanessa Wilkins</i>	
6:00-6:15 MS * Best Abs Ever <i>Rich Morris</i>	5:00-6:00 YS * Vinyasa Yoga <i>Ryan Gerard</i>	7:15-8:00 YS * Sonic Meditation <i>Mary Hayano</i>	6:15-7:00 YS * True Barre <i>Annalisa Brown</i>	
6:00-7:00 YS * Vinyasa Yoga <i>Cecily Guest</i>	5:15-6:00 CS * Beats + Bands Ride <i>NinaAnn Phan</i>		6:30-7:15 MS * Stronger <i>Mark Protacio</i>	
6:30-7:15 MS * Cardio Dance <i>Natalie Padron</i>	5:15-6:00 MS * Stronger <i>Mark Protacio</i>			
7:15-8:00 YS * Yin Yoga <i>Mary Hayano</i>	6:00-6:15 MS * Best Abs Ever <i>Mark Protacio</i>			
	6:15-7:00 YS * Pilates Fusion <i>Precious Moreno</i>			
	6:30-7:15 MS * MetCon3 <i>Lauren Settembrino</i>			

EQUINOX

BEALE STREET

320 Mission Street

SAN FRANCISCO CA 94105

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

GROUP FITNESS MANAGER

ninaann.phan@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

RG The Rig

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

Beats Ride 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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

Running

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 - not needed at PR Lab locations.

Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

Yoga

Power Vinyasa 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.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Hiit

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

MetCon Monday Mondays are for MetCon, so start your week strong! 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.

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.

Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

The Rig: Circuit A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.

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

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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 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 Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

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: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Boxing

Rounds: Boxing Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

Strength

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 Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

Stronger Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.