

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15 PR * Precision Run® <i>Rene Wiley</i>	6:00-6:45 CS * SoulCycle at EQX <i>Alba</i>	6:15-7:15 PR * Precision Run® <i>Ian Culbertson</i>	6:00-6:45 CS * SoulCycle at EQX <i>Alba</i>	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	7:30-8:15 CS * SoulCycle at EQX <i>Emily T.</i>	8:00-8:45 MS * Leg Day Marzena Janasik
6:30-7:20 MS * Stronger <i>Lucy Cohen</i>	6:30-7:15 MS * Athletic Conditioning <i>Lucy Cohen</i>	6:30-7:15 MS * MetCon3 <i>Bakari Williams</i>	6:30-7:15 MS * Body Sculpt Marzena Janasik	6:30-7:15 MS * Stronger Orlando Deral	8:15-9:15 Precision Run + Strength <i>Ross Neumann</i>	8:15-9:15 PR * Fully Vested <i>Ross Neumann</i>
6:45-7:35 YS * Pilates Fusion (Heated) <i>Monica Diederich</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Sarah Carr</i>	6:45-7:45 YS * Pilates Fusion <i>Sarah Carr</i>	6:45-7:30 YS * Barefoot Sculpt <i>Tessa Southwell</i>	6:45-7:30 YS * Barefoot Sculpt: The Ring Jillian Forster	PR * SoulCycle at EQX <i>Hana</i>	8:30-9:15 CS * SoulCycle at EQX <i>Gina</i>
7:00-7:45 CS * SoulCycle at EQX <i>Eric</i>	7:00-7:45 CS * SoulCycle at EQX <i>Emily T.</i>	7:00-7:45 CS * SoulCycle at EQX <i>Hana</i>	7:00-7:45 CS * SoulCycle at EQX <i>Emily T.</i>	7:00-7:45 CS * SoulCycle at EQX <i>Alba</i>	8:30-9:15 MS * Body Sculpt <i>Sarah Kusch</i>	8:30-9:15 YS * True Barre <i>Nina Raab</i>
7:45-8:30 MS * Athletic Conditioning <i>Marzena Janasik</i>	7:00-8:00 PR * Precision Run® <i>Francesca Pavia</i>	7:30-8:20 PR * Fully Vested <i>Jared Sklar</i>	7:00-8:00 PR * Precision Run® <i>Francesca Pavia</i>	8:00-8:50 MS * Body Sculpt <i>Sarah Kusch</i>	8:30-9:15 YS * Savannah Solley	9:00-9:45 MS * The Cut Marzena Janasik
8:00-8:45 YS * True Barre: Bala Bangle Joyce Ivonne	8:00-8:30 MS * Upper Body Pump <i>Drea Marchesi</i>	8:00-8:45 MS * Stronger <i>Marzena Janasik</i>	8:00-8:45 MS * Best Butt Ever <i>Marzena Janasik</i>	8:30-9:15 CS * SoulCycle at EQX <i>Emily T.</i>	9:30-10:30 CS * SoulSurvivor at EQX <i>Lo</i>	9:30-10:15 CS * SoulCycle at EQX <i>Gina</i>
8:30-8:45 MS * Best Abs Ever <i>Marzena Janasik</i>	8:30-9:15 CS * SoulCycle at EQX <i>Gina</i>	8:15-9:00 YS * Pilates Mat <i>Chris Stanley</i>	8:00-8:45 YS * Pilates Fusion <i>Monica Diederich</i>	9:15-10:15 YS * Vinyasa Yoga <i>Steve Jones</i>	9:30-10:20 MS * Stacked <i>Amy Dixon</i>	9:30-10:15 YS * Pilates Fusion <i>Sara McGowan</i>
9:00-10:00 YS * Vinyasa Yoga (Heated) Laila Arzouni	8:30-8:45 MS * Best Abs Ever <i>Drea Marchesi</i>	8:30-9:15 CS * SoulCycle at EQX <i>Emily T.</i>	8:30-9:15 CS * SoulCycle at EQX <i>Gina</i>	9:30-10:15 CS * SoulCycle at EQX <i>Lo</i>	9:30-10:20 YS * Pilates Fusion (Heated) <i>Savannah Solley</i>	9:45-10:45 PR * Precision Run® <i>Ross Neumann</i>
9:30-10:20 MS * Stronger <i>Marzena Janasik</i>	9:00-9:45 MS * Cardio Sculpt Sarah Kusch	9:15-10:00 YS * Barefoot Sculpt: The Ring Nina Raab	9:00-9:45 MS * Athletic Conditioning <i>Steven Maresca</i>	9:30-10:15 MS * Stronger Ty Mauro	9:45-10:45 PR * Precision Run® <i>Rene Wiley</i>	10:00-10:45 MS * Cardio Dance <i>Dane Sorensen</i>
10:30-11:15 YS * Barefoot Sculpt Chris Stanley	9:30-10:20 YS * True Barre: Bala Bangle <i>Nicholas Duran</i>	9:30-10:15 MS * Body Sculpt <i>Katie Brummer</i>	10:30-11:15 YS * True Barre Sarah Kusch	10:30-11:30 YS * Pilates Fusion (Heated) <i>Sarah Kusch</i>	10:30-11:20 MS * Stronger <i>Emily Eckstein</i>	10:00-10:50 RD * Athletic Conditioning <i>Marzena Janasik</i>
12:15-1:05 YS * Pilates Rise <i>Sarah Carr</i>	10:30-11:45 YS * Vinyasa Yoga (Heated) <i>Steve Jones</i>	12:15-1:05 YS * Pilates Fusion <i>Sarah Kusch</i>	12:15-1:05 MS * Body Sculpt <i>Sarah Kusch</i>	12:15-1:05 YS * True Barre: Bala Bangle <i>Sarah Carr</i>	10:45-11:30 CS * SoulCycle at EQX <i>Chris P.</i>	10:45-11:30 CS * SoulCycle at EQX <i>Rob P.</i>
12:30-1:30 PR * Precision Run® <i>Francesca Pavia</i>	12:15-1:00 MS * Best Butt Ever Tracy Washburn	12:30-1:30 PR * Precision Run® <i>Julie DeLaBarre</i>	12:30-1:30 PR * Precision Run® <i>Ross Neumann</i>	12:30-1:30 PR * Precision Run® <i>Rene Wiley</i>	10:45-12:00 YS * Vinyasa Yoga (Heated) <i>Lizbeth Vazquez</i>	10:45-11:45 YS * Vinyasa Yoga (Heated) <i>Dan Ward</i>
4:00-4:45 YS * True Barre: Bala Bangle <i>Ayanna Contreras</i>	12:30-1:30 PR * Precision Run® <i>Rene Wiley</i>	4:00-4:45 YS * Pilates at the Barre <i>Pearl Fu</i>	4:00-4:50 MS * Stronger <i>Ty Mauro</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Laila Arzouni</i>	11:30-12:30 PR * Precision Run® Rene Wiley	11:00-11:50 MS * Stronger <i>Sarah Kusch</i>
5:00-5:45 MS * Athletic Conditioning <i>Ty Mauro</i>	4:45-5:30 YS * Barefoot Sculpt: The Ring Kari McKillip	5:00-5:45 MS * Stacked <i>Drea Marchesi</i>	5:00-5:45 MS * Best Stretch Ever <i>Jay Cruz</i>	5:15-6:05 YS * Pilates Rise <i>Sarah Carr</i>	11:45-12:30 CS * SoulCycle at EQX <i>Eric</i>	12:00-12:45 YS * Barefoot Sculpt Madisyn Maniff
5:30-6:15 CS * SoulCycle at EQX <i>Hana</i>	5:00-5:50 MS * Body Sculpt Marzena Janasik	5:30-6:15 CS * SoulCycle at EQX <i>Hana</i>	5:00-5:50 PR * Fully Vested <i>Ian Culbertson</i>		12:15-1:00 MS * Cardio Dance Dane Sorensen	12:15-1:00 MS * Best Stretch Ever <i>Dan Ward</i>
5:30-6:30 PR * Precision Run® <i>Jared Sklar</i>	5:00-6:00 PR * Precision Run + Strength <i>Ross Neumann</i>	5:30-6:30 PR * Precision Run® <i>Jared Sklar</i>	5:30-6:15 CS * SoulCycle at EQX <i>Layla Island</i>		3:00-4:00 YS * Gentle Yoga Remi Chiovaro	4:00-5:00 YS * Weekend Wind Down Yoga <i>Sarah Girard</i>
5:30-6:45 YS * Power Vinyasa <i>Dan Ward</i>	5:30-6:15 CS * SoulCycle at EQX <i>Layla Island</i>	5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Aren Wolf</i>	6:00-6:50 MS * Studio Dance: Hip Hop <i>Nkechi Okonkwo</i>			
6:00-6:45 MS * Body Sculpt <i>Drea Marchesi</i>	6:00-6:50 MS * Stronger <i>Ian Culbertson</i>	6:00-6:45 MS * Ropes and Rowers <i>Ty Mauro</i>	6:30-7:15 CS * SoulCycle at EQX <i>Rob P.</i>			
6:30-7:15 CS * SoulCycle at EQX <i>Chris P.</i>	6:00-7:00 YS * Gentle Yoga <i>Heather D.</i>	6:30-7:15 CS * SoulCycle at EQX <i>Chris P.</i>	7:00-8:00 YS * Sculpted Yoga™ (Heated) <i>Laila Arzouni</i>			
7:00-8:00 YS * Yin Yoga Meditation <i>Sarah Girard</i>	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	7:00-7:50 YS * Pilates Fusion (Heated) <i>Savannah Solley</i>	8:15-9:00 YS * Sound Meditation <i>Shayla Hess</i>			
	6:30-7:15 CS * SoulCycle at EQX <i>Rob P.</i>					
	7:15-8:00 YS * Sound Meditation <i>Nathan Norrington</i>					

EQUINOX

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GROUP FITNESS MANAGER
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SIGNATURE CLASSES.
ACCLAIMED INSTRUCTORS.
TRANSFORMED BODIES.

STUDIO KEY
CS Cycling Studio
MS Main Studio
YS Yoga Studio
RD Roof Deck
PR PR Lab

CLASS LEVEL GUIDE
(All levels welcome unless otherwise noted.)
All All Levels Welcome
L1 Beginner
L2 Intermediate
L3 Advanced

Cycling

SoulCycle at EQX Exclusively at Equinox Santa Monica and South Beach. This signature 45-minute full-body indoor cycling workout includes high-intensity cardio, muscle-sculpting strength training, and rhythm-based choreography. But it's so much more than just a workout - it's a powerful mind-body experience. Cycling shoes required. Complimentary pairs available at the SoulCycle front desk. Pedals are compatible with SPD and Look Delta clips.

SoulSurvivor at EQX Exclusively at Equinox Santa Monica and South Beach. A 60-minute version of SoulCycle's signature class, with time for an extended warm-up, even more cardio, and a longer cool-down. Same great SOUL, just more of it. Cycling shoes required. Complimentary pairs available at the SoulCycle front desk. Pedals are compatible with SPD and Look Delta clips.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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 Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. 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.

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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.

Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.

Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Running

Fully Vested Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.

HIIT

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

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. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

Barre

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.

True Barre: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. 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

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.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.