EQUINOX

SPORTS CLUB SAN FRANCISCO

June 2026 | SCHEDULE EFFECTIVE 06.01.26-06.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

7:00-7:45 MS *	Core6 *Lauren Settembrino*
7:15-8:00 CS *	**Beats Ride** ***Stephen Selnick***
9:30-10:15 MS *	**Leg Day** ***Jomar Tagatac***
10:30-11:15 MS *	Cardio Dance *Anna Bolender*
12:00-12:45 BA *	Pilates at the Barre *Sarah Emmons*
4:00-4:45 MS *	Athletic Conditioning *Garrett Kale*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Warren Lange*
5:30-6:15 BA *	Pilates Mat *Megan Yamashita*
5:30-6:15 MS *	MetCon Monday *Hannah Byrne*
6:15-7:00 TR *	Precision Run® *Rich Velazquez*
6:15-7:15 YS *	Power Vinyasa *Alessandro Lou*
6:30-7:15 BA *	True Barre *Danielle Joseph*
6:30-7:15 MS *	Stronger *Lauren Settembrino*
7:30-8:15 Y2 *	Sound Meditation *Joseph Ilustrisimo*

TUESDAY

7:00-7:45 MS *	Stronger *Sally French*
10:00-10:50 BA *	Pilates Mat *Jordanna Dworkin*
11:00-11:45 BA *	True Barre: Bala Bangle *Jordanna Dworkin*
12:00-12:45 MS *	TRX Max *Cynthia Dawson*
12:00-1:00 YS *	Vinyasa Yoga *Cecily Guest*
4:30-5:15 MS *	**Cardio Sculpt** ***Evangeline Alpogianis***
5:30-6:20 BA *	Pilates at the Barre *Kate Wiles*
5:30-6:15 MS *	Best Butt Ever *Rich Morris*
5:30-6:15 TR *	Precision Run + Strength *Sarah Sung*
5:45-7:00 YS *	Power Vinyasa (L2) *Cecily Guest*
6:00-7:00 BR *	Rounds: Boxing *Rick Garcia*
6:00-7:00 Y2 *	Restorative Yoga *Steven Rogers*
6:15-7:00 CS *	Beats Ride *Trevor Yip*
6:30-7:15 BA *	Pilates Fusion *Sarah Emmons*
6:30-7:15 MS *	MetCon3 *Philip Koranteng*
7:15-8:00 Y2 *	Sound Meditation *Alessandro Lou*

WEDNESDAY

7:00-7:45 MS *	Athletic Conditioning *Lauren Settembrino*
7:15-8:00 CS *	Beats Ride *Matthew Modleski*
9:30-10:15 MS *	**Stronger** ***Kate Wiles***
10:30-11:15 MS *	**Cardio Dance** ***Natalie Padron***
12:00-12:45 BA *	Pilates Fusion *Kate Wiles*
4:00-4:45 MS *	Stacked *Stephen Selnick*
4:30-5:15 TR *	Precision Walk: Elevate *Steph Vu*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Reza Ebrahimi*
5:30-6:15 BA *	Pilates Mat *Precious Moreno*
5:30-6:15 MS *	Stronger *Mark Protacio*
5:30-6:15 Y2 *	Athletic Stretch (Heated) *Steph Vu*
5:45-6:30 CS *	**Beats Ride** ***Enrique Rangel***
6:15-7:15 YS *	Vinyasa Yoga *Denelle Numis*
6:30-7:20 BA *	True Barre: Bala Bangle *Stephanie Lo*
6:30-7:20 MS *	Kettlebell Power *Chris Turner*
7:30-8:30 Y2 *	Yin Yoga *Helen Mann*

THURSDAY

7:00-7:45 MS *	MetCon3 *Jomar Tagatac*
10:00-10:45 BA *	Pilates Mat *Jordanna Dworkin*
11:00-11:45 MS *	Best Stretch Ever *Jordanna Dworkin*
12:00-12:45 MS *	Stronger *Stephen Selnick*
12:00-1:00 YS *	Vinyasa Yoga *Cecily Guest*
4:30-5:15 MS *	**Athletic Conditioning** ***James Johnson***
5:15-6:05 PD *	Swim: Skills + Drills *Kate Grossman*
5:30-6:15 BA *	True Barre *Sarah Emmons*
5:30-6:15 MS *	Stronger *Philip Koranteng*
5:30-6:15 TR *	Precision Run® *Rich Velazquez*
5:45-7:00 YS *	Power Vinyasa (L2) *Cecily Guest*
6:00-6:45 BR *	Rounds: Boxing *James Johnson*
6:00-7:00 Y2 *	Slow Flow Yoga *Tom Johnson*
6:15-7:00 CS *	Anthem Ride *Ashley Chin*
6:30-7:15 BA *	Pilates Fusion *Kate Wiles*
6:30-7:15 MS *	Cardio Dance *Anna Bolender*
7:15-8:00 Y2 *	Sound Meditation *Joseph Ilustrisimo*

FRIDAY

7:00-7:45 MS *	**Leg Day** ***Sergio Antonio***
7:00-7:45 PD *	Swim: Pro (L3) *Sarah Larson*
9:30-10:20 BA *	Pilates at the Barre *Kate Wiles*
10:30-11:15 MS *	Cardio Dance *Natalie Padron*
12:00-12:45 MS *	Core6 *Jaiden De Anda*
12:00-1:00 YS *	Hatha Yoga (Heated) *Rachel Soon*
5:15-5:45 MS *	Best Butt Ever *Mark Protacio*
5:30-6:30 BR *	Rounds: Boxing *Rick Garcia*
5:45-6:30 BA *	Pilates Mat *Sarah Emmons*
5:45-6:15 MS *	Upper Body Pump *Mark Protacio*

SATURDAY

9:00-9:45 CL *	Precision Run Club *Winnie Siu*
9:00-9:50 PD *	Swim: Skills + Drills *Kate Wiles*
9:15-10:00 MS *	MetCon3 *Addie Norman*
9:45-10:45 YS *	Vinyasa Yoga (Heated) *Cecily Guest*
10:15-11:00 BA *	Pilates Rise *Kate Wiles*
10:15-11:05 CS *	Precision Ride *Stephen Selnick*
10:30-11:30 BR *	Rounds: Boxing *Edgardo Villanueva*
10:30-11:15 MS *	Ropes and Rowers *Winnie Siu*
11:30-12:20 BA *	True Barre *Stephanie Lo*
11:30-12:15 MS *	Stronger *Stephen Selnick*
12:30-1:00 BA *	Athletic Stretch *Stephanie Lo*
12:30-1:15 MS *	Rounds: Kickboxing *Edgardo Villanueva*
12:30-1:30 YS *	Vinyasa Yoga (Heated) *Steven Rogers*

SUNDAY

8:45-9:30 MS *	Cardio Dance *Brendan Simon*
9:00-9:50 PD *	Swim: Basics *Sarah Larson*
9:30-10:30 Y2 *	Sculpted Yoga™ (Heated) *Melinda Soldan*
9:45-10:30 MS *	Stacked *Jomar Tagatac*
10:30-11:30 YS *	Vinyasa Yoga *Mary Hayano*
10:45-11:30 CS *	Beats Ride *Willy Kellogg*
10:45-11:30 MS *	**Leg Day** ***Mark Protacio***
11:45-12:30 BA *	Pilates Fusion *Mary Hayano*
12:00-12:45 MS *	Core6 *Willy Kellogg*
12:30-1:30 YS *	Hatha Yoga *Helen Mann*
3:30-4:30 YS *	Weekend Wind Down Yoga *Taylor Chang*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

SPORTS CLUB SAN FRANCISCO

747 Market Street

SAN FRANCISCO CA 94103

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

GROUP FITNESS MANAGER

stephen.selnick@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

Y2 Yoga Studio 2

BA Barre Studio

TR Treadmill Area

BR Boxing Studio

PD Pool Deck

CL Club Lobby

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 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.
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 + 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 Club Join the Equinox running community with outdoor run adventures that incorporates running to famous landmarks (at least 3 miles) + outdoor conditioning. This unique approach is designed for those who seek a purposeful, inclusive run experience. 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. 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

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.
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.
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.
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.
Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.
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

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.
Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.
Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.
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.
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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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.

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.

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

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.
Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Swim

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.
Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.
Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

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.
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.

Sculpt

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.

Strength

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.