

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Athletic Conditioning <i>Hendrick Famutimi</i>	6:30-7:15 MS * Tabata Max <i>Alex Rennie</i>	6:45-7:30 MS * Stacked <i>Hannah Wilkie</i>	6:30-7:15 MS * MetCon3 <i>Johnny Fountoulakis</i>	7:00-7:45 MS * Athletic Conditioning <i>Alex Lawson</i>	8:30-9:15 MS * Kettlebell Power <i>Hendrick Famutimi</i>	9:00-10:00 YS * Power Vinyasa <i>Antonia Reed-Felstead</i>
7:15-8:05 CS * Precision Ride <i>Ellie Rhodes</i>	7:15-8:00 YS * Barre <i>Amanda Helms</i>	7:00-7:45 CS * Beats Ride <i>Ashley Fox</i>	7:15-8:00 YS * Barre <i>Mani Sidhu</i>	7:30-8:15 YS * Pilates Mat Annie James	9:00-9:45 CS * Beats Ride <i>Ashley Fox</i>	9:30-10:20 MS * Tabata Max <i>Hugo Diez</i>
7:15-8:05 YS * Pilates Rise <i>Rosalia Panepinto</i>	7:30-8:15 MS * Kettlebell Power <i>Alex Rennie</i>	7:30-8:15 TR * Precision Run® <i>Deena Pierce</i>	7:30-8:15 MS * Stronger <i>Johnny Fountoulakis</i>	8:00-8:45 BR * TRX Max Circuit <i>Johnny Fountoulakis</i>	9:15-10:00 YS * Pilates Mat <i>Rosalia Panepinto</i>	10:00-10:50 TR * Precision Run® <i>Deena Pierce</i>
7:45-8:35 TR * The Workx <i>Hendrick Famutimi</i>	7:30-8:15 TR * Precision Run® <i>Justin Reid-Simms</i>	7:45-8:30 MS * Best Butt Ever <i>Hugo Diez</i>	9:15-10:00 YS * Barefoot Sculpt Natalie Hope	9:15-10:05 MS * Whipped! <i>Johnny Fountoulakis</i>	9:30-10:15 MS * Stronger <i>Hendrick Famutimi</i>	10:15-11:15 BR * Beats Ride <i>Robert Lynch</i>
9:15-10:00 YS * Bala Bangle Barre Burn <i>Michelle Morrey</i>	8:20-9:20 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i>	8:30-8:45 MS * Best Abs Ever <i>Hugo Diez</i>	9:20-10:05 MS * Stacked <i>Layton Taylor</i>	9:15-10:00 YS * Barre <i>Michelle Morrey</i>	9:45-10:35 TR * Precision Run® <i>Justin Reid-Simms</i>	10:30-11:15 CS * Beats Ride <i>Nicky Lopez</i>
9:20-10:05 MS * Body Sculpt <i>Eian Crockatt</i>	9:20-10:05 MS * MetCon3 <i>Stephane Anelli Natalie Hope</i>	9:15-10:00 YS * True Barre <i>Michelle Morrey</i>	10:15-11:00 CS * Beats Ride <i>Vitor Metzker Fernandes</i>	10:15-11:00 MS * Best Butt Ever <i>Bethany Thomson</i>	10:00-11:00 BR * Rounds: Boxing <i>Robert Lynch</i>	10:30-11:15 YS * Pilates Mat <i>Hannah Butler</i>
9:30-10:15 CS * Beats Ride <i>Nicky Lopez</i>	9:30-10:15 CS * Beats Ride <i>Tania Russell</i>	9:20-10:10 MS * Stronger <i>Hendrick Famutimi</i>	10:30-11:15 YS * Pilates Fusion <i>Niall Morris</i>	10:15-11:05 TR * Precision Run® <i>Justin Reid-Simms</i>	10:15-10:30 MS * Best Abs Ever <i>Hendrick Famutimi</i>	11:00-11:30 MS * Upper Body Pump <i>Hugo Diez</i>
9:30-10:20 TR * Precision Run® <i>Stephane Anelli</i>	10:30-11:20 YS * Pilates Rise <i>Natalie Hope</i>	9:30-10:20 CS * Precision Ride <i>Johnny Fountoulakis</i>	12:00-1:00 YS * Power Vinyasa <i>Christian Coelho</i>	10:30-11:30 YS * Vinyasa Yoga <i>Amanda Helms</i>	10:20-11:20 YS * Sculpted Yoga™ <i>Jordan Stanford</i>	11:30-12:00 MS * Best Abs Ever <i>Hugo Diez</i>
10:15-11:00 MS * Best Butt Ever <i>Michelle Morrey</i>	11:00-11:45 BR * TRX Max Circuit <i>Jesse Douglas Smith</i>	10:15-11:15 YS * Vinyasa Yoga <i>Adam Husler</i>	12:15-1:00 MS * Tabata Max <i>Charlie Peters</i>	11:15-11:45 MS * Athletic Stretch <i>Justin Reid-Simms</i>	10:30-11:20 CS * Precision Ride <i>Natasha Berridge</i>	12:15-1:05 TR * Precision Run® <i>Nicky Lopez</i>
10:15-11:15 YS * Vinyasa Yoga <i>Adam Husler</i>	12:00-1:15 YS * Vinyasa Yoga <i>Marcia Sharp</i>	10:30-11:00 MS * Athletic Stretch Johnny Fountoulakis	12:30-1:20 TR * Precision Run® <i>Nicky Lopez</i>	12:15-1:00 YS * Barre <i>Leighton Sharpe</i>	10:45-11:30 MS * Stacked <i>Hendrick Famutimi</i>	12:30-1:15 YS * Barre <i>Mani Sidhu</i>
11:15-12:00 BR * Athletic Conditioning Bethany Thomson	12:15-1:05 MS * EQX3 <i>Alex Rennie Natalie Hope</i>	11:15-12:05 MS * Switch Up: Run + Strength <i>Hendrick Famutimi Nicky Lopez</i>	5:45-6:30 YS * Pilates Mat <i>Michelle Morrey</i>	12:30-1:15 MS * Stacked <i>Vitor Metzker Fernandes</i>	11:15-12:05 TR * Precision Run® <i>Charlie Peters</i>	1:30-2:30 YS * Sculpted Yoga™ <i>Wen D</i>
11:30-12:15 YS * Pilates Mat <i>Charlotte Alloway</i>	12:30-1:20 TR * Precision Run® <i>Johnny Fountoulakis</i>	11:30-12:15 YS * Barre <i>Leighton Sharpe</i>	6:00-6:50 MS * Athletic Conditioning <i>Natalie Hope</i>	1:20-2:20 YS * Yin Yoga <i>Ferdi Skoberla</i>	11:30-12:30 BR * Rounds: Kickboxing <i>Robert Lynch</i>	5:15-6:15 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i>
12:15-1:00 MS * Athletic Conditioning <i>Hugo Diez</i>	5:45-6:35 YS * Barre <i>Dean Coach</i>	12:15-1:00 MS * Cardio Sculpt <i>Hugo Diez</i>	6:30-7:30 BR * Rounds: Boxing <i>Leo Mercurio</i>	5:15-6:00 YS * Pilates Mat <i>Jordan Stanford</i>	11:30-11:45 MS * Best Abs Ever <i>Hendrick Famutimi</i>	
12:30-1:15 YS * Barre <i>Mani Sidhu</i>	6:15-7:00 MS * MetCon3 <i>Hendrick Famutimi</i>	12:30-1:15 YS * Pilates Mat <i>Athina Lazaridou</i>	7:00-7:45 MS * Stronger <i>Hendrick Famutimi</i>	6:00-6:50 MS * Ropes and Rowers <i>Hugo Diez</i>	12:15-1:00 MS * Cardio Sculpt <i>Hugo Diez</i>	
1:00-1:15 MS * Best Abs Ever <i>Hugo Diez</i>	6:30-7:30 BR * Rounds: Boxing <i>Robert Lynch</i>	1:00-1:15 MS * Best Abs Ever <i>Hugo Diez</i>	7:00-8:00 YS * Yin Yoga Meditation <i>Daniela Olds</i>	6:15-7:15 YS * Vinyasa Yoga <i>Jordan Stanford</i>	12:30-1:20 YS * Barre <i>Dean Coach</i>	
1:30-2:30 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i>	6:30-7:30 BR * Rounds: Boxing <i>Robert Lynch</i>	1:30-2:30 YS * Vinyasa Yoga <i>Amy Slevin</i>	8:15-9:00 YS * Sonic Meditation <i>Daniela Olds</i>		1:00-1:15 MS * Best Butt Ever <i>Hugo Diez</i>	
5:45-6:30 MS * Kettlebell Power <i>Alex Rennie</i>	6:30-7:15 CS * Beats Ride <i>Ellie Rhodes</i>	5:45-6:45 YS * Vinyasa Yoga <i>Mira Khreino</i>			3:45-4:45 YS * Weekend Wind Down Yoga (HEATED) Ferdi Skoberla	
6:00-7:00 YS * Vinyasa Yoga <i>Mira Khreino</i>	7:00-8:00 YS * Yin Yoga (HEATED) Diego Melo	6:00-6:45 MS * Body Sculpt <i>Hugo Diez</i>			4:50-5:35 YS * Sound Meditation Ferdi Skoberla	
6:30-7:30 BR * Rounds: Kickboxing <i>Elijah Barnett</i>	7:15-8:00 MS * Body Sculpt <i>Hugo Diez</i>	6:15-7:05 TR * Precision Run® <i>Justin Reid-Simms</i>				
6:45-7:30 MS * Tabata Max <i>Alex Rennie</i>	8:00-8:15 MS * Best Abs Ever <i>Hugo Diez</i>	7:00-7:45 MS * MetCon3 <i>Deena Pierce</i>				
7:15-8:00 YS * True Barre <i>Eian Crockatt</i>	8:05-8:35 YS * Sound Meditation Diego Melo	7:15-8:00 YS * Pilates Mat <i>Michelle Morrey</i>				

EQUINOX

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MON-THU 06:00 AM 10:00 PM

FRI 06:00 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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 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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

The Workx Created by Equinox UK instructor Hendrick Famutimi, this treadmill and training class combines interval-based running with interludes of resistance training for an efficient full body workout. Join Hendrick for a cross-training experience that includes it all...the Workx!

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 (HEATED) 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.

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.

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.

Athletic Training

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.

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.

EQX3 Test your fitness, fire up your metabolism and target every muscle group. Work through three pillars (strength, stamina & speed) in this circuit-based class. 3x the work, the sweat, the result. The most intense workout London has to offer. EQX3 the formula for success.

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.

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.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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.

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

Bala Bangle Barre Burn This off-the-barre 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.

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.

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 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.

Boxing and Kickboxing

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.

Stretch and Recovery

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.

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

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

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.

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.

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.