

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:15-7:35 MS *	Upper Body Pump <i>Charlie Peters</i>	7:15-8:05 MS *	Kettlebell Power <i>Hannah Wilkie</i>	7:15-7:35 MS *	Upper Body Pump <i>Lucy Usher</i>	7:15-8:05 MS *	Pilates Rise <i>Charlotte Alloway</i>	7:15-8:05 MS *	Stacked <i>Vitor Metzker Fernandes</i>	10:00-10:50 MS *	MetCon3 <i>Deena Pierce</i>
7:35-8:05 PZ *	Precision Run 30 <i>Charlie Peters</i>	12:15-1:05 MS *	Stronger <i>Hendrick Famutimi</i>	7:35-8:05 PZ *	Precision Run 30 <i>Lucy Usher</i>	12:15-1:05 MS *	Kettlebell Power <i>Tania Russell</i>	12:15-1:05 MS *	<b>Rounds: Boxing Circuit</b> <b><i>Danni Berg</i></b>	11:00-11:50 MS *	Pilates Mat <i>Charlotte Alloway</i>
12:15-1:05 MS *	MetCon Monday <i>Alex Rennie</i>	12:15-1:05 PZ *	Precision Run@ <i>Nicky Lopez</i>	12:15-1:05 MS *	Whipped! <i>Charlie Peters</i>	12:15-1:05 PZ *	Precision Run@ <i>Deena Pierce</i>	1:15-2:05 MS *	Pilates Rise <i>Niall Morris</i>	12:15-1:05 MS *	EQX Barre Burn <i>Elan Crockatt</i>
1:15-2:00 MS *	Pilates Mat <i>Rosalia Panepinto</i>	1:15-2:15 MS *	Vinyasa Yoga <i>Mira Khreino</i>	1:15-2:05 MS *	Pilates Mat <i>Michelle Morrey</i>	1:15-2:15 MS *	Power Vinyasa <i>Nicola Coates</i>	5:30-6:30 MS *	Yin Yoga <i>Ferdi Skoberla</i>	1:15-2:30 MS *	Vinyasa Yoga <i>Fredrik Underhaug</i>
5:45-6:35 MS *	Stronger <i>Charlie Peters</i>	5:45-6:35 MS *	Stacked <i>Chelsea Labadini</i>	5:45-6:35 MS *	MetCon3 <i>Charlie Peters</i>	5:45-6:35 MS *	Stronger <i>Jesse Douglas Smith</i>	6:35-7:05 MS *	Sound Meditation <i>Ferdi Skoberla</i>		
5:45-6:35 PZ *	Precision Run@ <i>Deena Pierce</i>	6:50-7:35 MS *	Pilates Rise <i>Jordan Stanford</i>	6:50-7:50 MS *	Vinyasa Yoga <i>Antonia Reed-Felstead</i>	6:50-7:50 MS *	Vinyasa Yoga <i>Rose Firouzbakht</i>				
6:50-7:50 MS *	Yin Yoga <i>Diego Melo</i>										
7:55-8:25 MS *	<b>Sound Meditation</b> <b><i>Diego Melo</i></b>										

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

# E by EQUINOX

## E ST. JAMES'S

12 St James's Street  
LONDON SW1A 1ER  
EQUINOX.COM  
@EQUINOX

**MON-THU** 06:00 AM 09:00 PM

**FRI** 06:00 AM 08:00 PM

**SAT** 08:00 AM 04:00 PM

## GROUP FITNESS MANAGER

charles.peters@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**MS** Main Studio

**PZ** PR Zone

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## 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.

## 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.

**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.

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

## Athletic Training

**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.

**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.

**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

**EQX Barre Burn** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

## Pilates

**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 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.

## Stretch and Recovery

**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

**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.