

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|--|
| 7:00-7:45 CS * Beats Ride <i>Johnny Fountoulakis</i> | 7:00-7:45 MS * Athletic Conditioning <i>Shannon Belcastro</i> | 7:00-7:45 CS * Beats Ride <i>Johnny Fountoulakis</i> | 7:15-8:00 YS * Pilates Mat <i>Zoe Sorensen</i> | 7:15-8:15 YS * Vinyasa Yoga <i>Luiz Madalena</i> | 9:15-10:00 CS * Beats Ride <i>Danni Berg</i> | 10:00-10:45 CS * Beats Ride <i>Maria Graciano</i> |
| 7:15-8:15 YS * Power Vinyasa <i>Devina Vig</i> | 7:15-8:00 YS * Pilates Mat <i>Hannah Blackburn</i> | 7:15-8:00 YS * Barre <i>Claudia Marciano</i> | 7:30-8:15 CS * Beats Ride <i>Nicky Lopez</i> | 7:30-8:20 TR * Precision Run® <i>Shannon Belcastro</i> | 9:30-10:20 YS * Pilates Rise <i>Eian Crockatt</i> | 10:45-12:00 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i> |
| 7:30-8:15 MS * Stacked <i>Jesse Douglas Smith</i> | 12:15-1:00 YS * Pilates Mat <i>Rosalia Panepinto</i> | 7:30-8:15 MS * Stronger <i>Layton Taylor</i> | 12:15-1:00 YS * Barre <i>Charlotte Alloway</i> | 12:15-1:00 YS * Pilates Mat <i>Hannah Blackburn</i> | 10:00-10:45 TR * Precision Run® <i>Layton Taylor</i> | 11:30-12:15 MS * Athletic Conditioning <i>Hannah Wilkie</i> |
| 12:15-1:15 YS * Vinyasa Yoga <i>Daniela Olds</i> | 12:30-1:15 MS * Stronger <i>Layton Taylor</i> | 12:15-1:15 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i> | 12:30-1:20 MS * Ropes and Rowers <i>Johnny Fountoulakis</i> | 12:30-1:00 MS * Tabata Cardio 30 <i>Shannon Belcastro</i> | 10:15-11:00 MS * Stronger <i>Danni Berg</i> | 12:15-1:15 YS * Sculpted Yoga™ <i>Amanda Helms</i> |
| 12:30-1:15 MS * MetCon Monday <i>Louis Quaye</i> | 1:00-1:50 TR * Precision Run® <i>Justin Reid-Simms</i> | 12:30-1:15 MS * Athletic Conditioning <i>Lucy Usher</i> | 1:00-1:50 TR * Precision Run® <i>Justin Reid-Simms</i> | 1:00-1:45 CS * Beats Ride <i>Nicky Lopez</i> | 10:30-11:15 YS * True Barre <i>Eian Crockatt</i> | |
| 1:00-1:50 CS * Precision Ride <i>Layton Taylor</i> | 5:30-6:20 MS * Whipped! <i>Charlie Peters</i> | 1:00-1:45 CS * Beats Ride <i>Layton Taylor</i> | 5:45-7:00 YS * Yin Yoga Meditation <i>Ferdi Skoberla</i> | 1:00-1:15 MS * Best Abs Ever <i>Shannon Belcastro</i> | 11:30-12:30 YS * Power Vinyasa <i>Diego Melo</i> | |
| 5:30-6:20 MS * EQX3 <i>Layton Taylor Natalie Hope</i> | 5:30-6:30 YS * Vinyasa Yoga <i>Adam Husler</i> | 5:30-6:15 CS * Beats Ride <i>Nicky Lopez</i> | 6:00-6:45 CS * Beats Ride <i>Vitor Metzker Fernandes</i> | 1:15-1:30 MS * Best Stretch Ever <i>Shannon Belcastro</i> | 12:45-1:45 YS * Weekend Wind Down Yoga <i>Diego Melo</i> | |
| 5:30-6:15 YS * Barre Beyond <i>Eian Crockatt</i> | 6:00-6:45 CS * Beats Ride <i>Layton Taylor</i> | 5:30-6:20 YS * Pilates Rise <i>Niall Morris</i> | 6:45-7:15 MS * Upper Body Pump <i>Johnny Fountoulakis</i> | 5:30-6:30 FF * PGX: Pop-up <i>Louis Quaye</i> | | |
| 6:00-6:45 CS * Beats Ride <i>Megan Rubin</i> | 6:30-7:15 MS * Stacked <i>Johnny Fountoulakis</i> | 6:00-6:45 MS * Tabata Max <i>Vitor Metzker Fernandes</i> | 7:15-7:30 MS * Best Abs Ever <i>Johnny Fountoulakis</i> | 5:30-6:45 YS * Vinyasa Yoga (HEATED) <i>Diego Melo</i> | | |
| 6:30-7:15 MS * Stronger <i>Natalie Hope</i> | 6:30-7:20 TR * Precision Run® <i>Charlie Peters</i> | 6:30-7:20 MS * Precision Run® <i>Nicky Lopez</i> | 7:15-8:00 YS * Pilates Mat <i>Bethany Watts</i> | | | |
| 6:30-7:15 YS * Pilates Mat <i>Tia Sodiwala</i> | 6:45-7:30 YS * Barre <i>Charlotte Alloway</i> | 6:30-7:15 YS * Barre <i>Niall Morris</i> | 7:30-7:45 MS * Best Stretch Ever <i>Johnny Fountoulakis</i> | | | |
| 6:45-7:35 TR * Precision Run® <i>Lucy Usher</i> | 7:30-8:15 MS * Rounds: Boxing Circuit <i>Sean Jenkinson</i> | 7:00-7:45 MS * Muay Thai <i>Mayoor Jobanputra</i> | | | | |
| 7:30-8:30 YS * Yin Yoga <i>Rose Firouzbakht</i> | 7:45-8:35 YS * Pilates Rise <i>Charlotte Alloway</i> | 7:30-8:30 YS * Sculpted Yoga™ <i>Wen D</i> | | | | |

EQUINOX

BISHOPSGATE

8 Clerk's Place

LONDON EC3A 8AQ

EQUINOX.COM

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MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 04:00 PM

GROUP FITNESS MANAGER

layton.taylor@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

FF FITNESS FLOOR

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 Sikk. 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.

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.

Vinyasa Yoga (HEATED) 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.

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.

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.

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.

PGX: Pop-up Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

Tabata Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. An Equinox exclusive.

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

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.

Barre Beyond Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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 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

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

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

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.

Sculpt

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.

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.