

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>	7:00-7:50 CS * Precision Ride <i>Johnny Fountoulakis</i>	7:15-8:00 YS * Pilates Mat <i>Zoe Sorensen</i>	7:00-7:45 MS * <b>Athletic Conditioning</b> <i>Lucy Usher</i>	9:15-10:00 MS * Stronger <i>Danni Berg</i>	10:00-10:45 CS * Beats Ride <i>Maria Graciano</i>
7:15-8:15 YS * Sculpted Yoga™ <i>Diego Melo</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>	7:15-8:15 YS * Vinyasa Yoga <i>Luiz Madalena</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 Fusion <i>Rosalia Panepinto</i>	7:30-8:15 MS * Stronger <i>Layton Taylor</i>	12:15-1:00 YS * Barre <i>Charlotte Alloway</i>	7:30-8:20 TR * Precision Run® <i>Layton Taylor</i>	10:15-11:00 CS * Beats Ride <i>Danni Berg</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>	12:15-1:00 YS * Pilates Mat <i>Hannah Blackburn</i>	10:30-11:15 MS * <b>Rhythmic Sculpt</b> <i>Eian Crockatt</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Amanda Helms</i>
12:30-1:15 MS * MetCon Monday <i>Louis Quayle</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>	12:30-1:15 MS * Tabata Max <i>Shannon Belcastro</i>	10:30-11:15 YS * True Barre <i>Yaz Mohamed</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>	1:00-1:50 CS * Precision Ride <i>Nicky Lopez</i>	11:00-11:50 TR * Precision Run® <i>Shannon Belcastro</i>	
5:30-6:20 MS * EQX3 <i>Layton Taylor Natalie Hope</i>	5:30-6:30 YS * Vinyasa Yoga <i>Adam Husler</i>	5:30-6:20 MS * <b>Circuit Training</b> <i>Jesse Douglas Smith</i>	6:00-6:45 CS * Beats Ride <i>Vitor Metzker Fernandes</i>	1:15-1:30 MS * Best Abs Ever <i>Shannon Belcastro</i>	11:30-12:30 YS * Power Vinyasa <i>Diego Melo</i>	
5:30-6:15 YS * Barefoot Sculpt <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 Quayle</i>	12:45-2:00 YS * Weekend Wind Down Yoga <i>Diego Melo</i>	
6:00-6:45 CS * Beats Ride <i>Megan Rubin</i>	6:30-7:15 MS * <b>Rhythmic Sculpt</b> <i>Maria Graciano</i>	6:00-6:45 CS * Beats Ride <i>Nicky Lopez</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>		
6:15-7:05 TR * Precision Run® <i>Lucy Usher</i>	6:30-7:20 TR * Precision Run® <i>Charlie Peters</i>	6:30-7:15 YS * Barre <i>Yaz Mohamed</i>	7:15-8:00 YS * Pilates Fusion <i>Bethany Watts</i>			
6:30-7:15 MS * Stronger <i>Natalie Hope</i>	6:45-7:30 YS * Barre <i>Charlotte Alloway</i>	7:00-7:45 MS * Muay Thai <i>Mayoor Jobanputra</i>	7:30-7:45 MS * Best Stretch Ever <i>Johnny Fountoulakis</i>			
6:30-7:15 YS * Pilates Mat <i>Tia Sodiwala</i>	7:30-8:15 MS * Rounds: Boxing Circuit <i>Sean Jenkinson</i>	7:00-7:50 TR * Precision Run® <i>Nicky Lopez</i>				
7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Echo Elliott</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

@EQUINOX

**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 additive 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 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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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 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.

**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

**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

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. 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.