

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>Martha Burke</i>	7:00-7:50 CS * Precision Ride <i>Johnny Fountoulakis</i>	7:15-8:00 YS * Pilates Mat <i>Zoe Sorensen</i>	7:30-8:20 TR * Precision Run® <i>Layton Taylor</i>	9:15-10:00 MS * Stronger <i>Danni Berg</i>	10:45-12:00 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i>
7:30-8:15 YS * Power Vinyasa (Heated) <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>	7:45-8:30 YS * Power Vinyasa (Heated) <i>Luiz Madalena</i>	9:30-10:20 YS * Pilates Rise <i>Eian Crockatt</i>	11:30-12:15 MS * Athletic Conditioning <i>Hannah Wilkie</i>
12:15-1:15 YS * Vinyasa Yoga <i>Daniela Olds</i>	12:15-1:00 YS * Pilates Fusion <i>Rosalia Panepinto</i>	7:30-8:15 MS * Stronger <i>Layton Taylor</i>	7:45-8:30 MS * Athletic Conditioning <i>Lucy Usher</i>	12:15-1:00 YS * Pilates Mat <i>Hannah Blackburn</i>	10:15-11:00 CS * Anthem Ride <i>Danni Berg</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Amanda Helms</i>
12:30-1:15 MS * MetCon Monday <i>Louis Quay</i>	12:30-1:15 MS * Stronger <i>Layton Taylor</i>	12:15-1:15 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i>	12:15-1:05 YS * Pilates at the Barre <i>Charlotte Alloway</i>	12:30-1:00 MS * SUMMER SETS: Quick HIIT <i>Shannon Belcastro</i>	10:30-11:15 MS * Rhythmic Sculpt <i>Eian Crockatt</i>	
1:00-1:50 CS * Precision Ride <i>Layton Taylor</i>	1:00-1:50 TR * Precision Run® <i>Justin Reid-Simms</i>	12:30-1:15 MS * Athletic Conditioning <i>Lucy Usher</i>	12:30-1:20 MS * Ropes and Rowers <i>Johnny Fountoulakis</i>	1:00-1:15 MS * SUMMER SETS: Best Butt Ever <i>Shannon Belcastro</i>	10:30-11:15 YS * Barre <i>Yaz Mohamed</i>	
5:30-6:20 MS * EQX3 <i>Layton Taylor Alex Castro</i>	5:30-6:20 MS * Whipped! <i>Charlie Peters</i>	1:00-1:45 CS * Beats Ride <i>Layton Taylor</i>	1:00-1:50 TR * Precision Run® <i>Justin Reid-Simms</i>	1:15-1:30 MS * SUMMER SETS: 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>	5:30-6:30 YS * Vinyasa Yoga <i>Adam Husler</i>	5:30-6:20 MS * Circuit Training <i>Jesse Douglas Smith</i>	5:45-7:00 YS * Yin Yoga Meditation <i>Ferdi Skoberla</i>	5:30-6:30 FF * PGX: Pop-up <i>Louis Quay</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>	6:00-6:45 CS * Beats Ride <i>Layton Taylor</i>	5:30-6:15 YS * Pilates Mat <i>Yaz Mohamed</i>	6:00-6:45 CS * Beats Ride <i>Vitor Metzker Fernandes</i>	5:30-6:45 YS * Vinyasa Yoga (Heated) <i>Diego Melo</i>		
6:15-7:05 TR * Precision Run® <i>Louis Quay</i>	6:30-7:15 MS * Best Butt Ever <i>Johnny Fountoulakis</i>	6:00-6:45 CS * Beats Ride <i>Nicky Lopez</i>	6:30-7:00 MS * SUMMER SETS: Upper Body Pump <i>Johnny Fountoulakis</i>			
6:30-7:15 MS * Kettlebell Power <i>Alex Castro</i>	6:30-7:20 TR * Precision Run® <i>Charlie Peters</i>	6:30-7:15 YS * Barre <i>Yaz Mohamed</i>	7:00-7:15 MS * SUMMER SETS: Best Butt Ever <i>Johnny Fountoulakis</i>			
6:30-7:15 YS * Pilates Mat <i>Charlotte Alloway</i>	6:45-7:30 YS * Bala Bangle Barre Burn <i>Jen Kehoe</i>	7:00-7:45 MS * Muay Thai <i>Mayoor Jobanputra</i>	7:15-7:30 MS * SUMMER SETS: Best Abs Ever <i>Johnny Fountoulakis</i>			
7:30-8:15 YS * Barre (Heated) <i>Charlotte Alloway</i>	7:30-8:15 MS * Rounds: Boxing <i>Jay Revan</i>	7:00-7:50 TR * Precision Run® <i>Nicky Lopez</i>	7:15-8:00 YS * Pilates Fusion <i>Niall Morris</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

**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®** 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.

**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** 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.

## 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.

**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.

**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.

**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.

**SUMMER SETS: Quick HIIT** Take the summer on with this efficient and effective full body HIIT workout. A mix of strength, cardio, and core will bring the summer heat in just 30 minutes. 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

**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.

## 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.

## Boxing

**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** 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.

## Sculpt

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

**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.

## 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.

**SUMMER SETS: Best Abs Ever** Take the summer on with 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.

**SUMMER SETS: Best Butt Ever** Take the summer on with a powerful lower body workout designed to sculpt and strengthen your glutes in 30 minutes or less. Get active. Get strong. Get powerful. Get ready to feel the burn and embrace the summer with confidence. An Equinox exclusive.

**SUMMER SETS: Upper Body Pump** Take the summer on with less than 30 mins of upper body work targeting your arms, chest, and back. Get your quick pump in before heading out to the summer sun. 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.