

# EQUINOX

## BAY STREET

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time

\* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Precision Run® <b>TR *</b> 7:15-8:00 True Barre: Bala Bangle <b>YS *</b> <hr/> 11:30-12:15 MetCon3 <b>MS *</b> 11:30-12:15 True Barre: Off the Barre <b>YS *</b> 12:15-1:05 Rounds: Boxing <b>BR *</b> <b>Jana Dahmer</b> <hr/> 5:15-6:00 Stacked <b>Thomas Young</b> 5:30-6:15 Power Vinyasa <b>Michael DeCorte</b> 5:45-6:30 Beats Ride <b>CS *</b> 6:00-6:50 Rounds: Boxing <b>BR *</b> 6:15-7:00 Stronger <b>Thomas Young</b> 6:30-7:15 Precision Run® <b>TR *</b> 6:30-7:15 Pilates Rise <b>YS *</b> 7:30-8:15 Yin Yoga <b>Michael DeCorte</b> <hr/> 6:45-7:30 Ropes and Rowers <b>MS *</b> 7:00-7:50 Rounds: Boxing <b>BR *</b> 7:00-7:45 Beats Ride <b>CS *</b> Power Vinyasa <b>Michael DeCorte</b> <hr/> 11:30-12:00 <b>Athletic Conditioning</b> <b>Claudia Ong</b> 11:30-12:15 Pilates Mat <b>Shawna Nichol</b> 12:15-1:00 <b>Core6</b> <b>Claudia Ong</b> Power Vinyasa <b>Michael DeCorte</b> <hr/> 5:15-6:00 Pilates Fusion <b>Claudia Ong</b> 5:30-6:15 MetCon3 <b>MS *</b> 5:30-6:15 Eva Redpath <b>CS *</b> 5:45-6:30 Precision Ride <b>Michael Smith</b> <b>Rounds: Boxing</b> <b>Kian Knight</b> 6:00-6:50 Rounds: Boxing <b>BR *</b> 6:30-7:00 Upper Body Pump <b>Laura Colucci</b> 6:30-7:15 True Barre: Off the Barre <b>YS *</b> 6:45-7:30 Precision Run® <b>TR *</b> 7:00-7:30 Best Butt Ever <b>Laura Colucci</b> 7:30-8:20 Slow Flow Yoga <b>Shawna Nichol</b> <hr/> 6:45-7:15 <b>Best Butt Ever</b> <b>Claire Kim</b> 7:00-7:50 Precision Ride <b>CS *</b> 7:30-8:15 Pilates Fusion <b>Claire Kim</b> <hr/> 11:30-12:15 <b>Stronger</b> <b>Claudia Ong</b> 11:30-12:15 True Barre: Off the Barre <b>YS *</b> 12:15-1:05 Rounds: Boxing <b>Constantine Patiniotis</b> MetCon3 <b>MS *</b> 12:30-1:15 Nariko Chaffe <b>CS *</b> 12:30-1:15 Pilates Fusion <b>Carla Kava</b> <hr/> 5:15-6:00 Stronger <b>Nariko Chaffe</b> 5:30-6:15 True Barre: Bala Bangle <b>YS *</b> 5:45-6:30 Precision Ride <b>CS *</b> 6:00-6:50 Rounds: Boxing <b>BR *</b> 6:15-7:00 <b>Stacked</b> <b>Nariko Chaffe</b> 6:30-7:15 Precision Run® <b>TR *</b> 7:30-8:15 Yin Yoga Meditation (Heated) <b>Shawna Nichol</b> <hr/> 6:45-7:30 <b>Stronger</b> <b>Jana Dahmer</b> 7:00-7:50 Rounds: Boxing <b>BR *</b> 7:00-7:45 Beats Ride <b>CS *</b> 8:00-8:30 <b>Vinyasa Yoga</b> (Heated) <b>Shawna Nichol</b> <hr/> 11:30-12:15 <b>Stronger</b> <b>Claudia Ong</b> 11:30-12:00 Athlete Conditioning <b>Nariko Chaffe</b> 12:15-1:00 Stacked <b>Nariko Chaffe</b> 12:30-1:15 Vinyasa Yoga <b>Justin B Haley</b> <hr/> 5:15-6:00 Athlete Conditioning <b>Victoria Macchione</b> 5:30-6:15 Power Vinyasa <b>Naomi Campbell</b> 5:45-6:30 Beats Ride <b>Victoria Valente</b> <b>Rounds: Boxing</b> <b>Kian Knight</b> 6:00-6:50 Beats Ride <b>CS *</b> 6:30-7:15 Whipped! <b>MS *</b> 6:30-7:15 True Barre: Off the Barre <b>YS *</b> 7:30-8:15 Pilates Fusion <b>Sean De Francia</b> <hr/> 7:00-7:45 Precision Ride <b>CS *</b> 7:00-7:45 True Barre: Off the Barre <b>YS *</b> 8:00-8:30 Best Butt Ever <b>Katherine Toogood</b> <hr/> 7:00-7:45 Precision Ride <b>Michael Smith</b> 7:00-7:45 True Barre: Off the Barre <b>YS *</b> 8:00-8:30 Best Butt Ever <b>Katherine Toogood</b> <hr/> 10:15-11:05 Rounds: Boxing <b>BR *</b> 10:15-10:45 Upper Body Pump <b>MS *</b> 10:30-11:15 Beats Ride <b>CS *</b> 10:45-11:15 Best Butt Ever <b>Kayla Albarran</b> 10:45-11:30 True Barre: Off the Barre <b>YS *</b> <hr/> 9:15-10:05 Power Vinyasa <b>Michael DeCorte</b> 10:15-11:05 Rounds: Boxing <b>BR *</b> 10:15-10:45 Upper Body Pump <b>MS *</b> 10:30-11:30 Weekend Wind Down <b>Yoga</b> <b>Michael DeCorte</b> 10:45-11:30 Beats Ride <b>CS *</b> 11:00-11:45 MetCon3 <b>MS *</b> <hr/> 9:30-10:15 Precision Run® <b>TR *</b> 10:15-11:05 Rounds: Boxing <b>Christine Dela Cruz</b> 10:30-11:30 Weekend Wind Down <b>Yoga</b> <b>Michael DeCorte</b> 11:15-12:05 Rounds: Boxing <b>Christine Dela Cruz</b> 11:45-12:30 Pilates Fusion <b>Adina Oprea</b>						

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

# EQUNOX

## BAY STREET

199 Bay Street, Commerce Court West

TORONTO M5L 1E2

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 05:00 PM

## GROUP FITNESS MANAGER

claudia.ong@equinox.com

## 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.

## 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.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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** 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.

## 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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

**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.

**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

**True Barre: Bala Bangle** This sculpt 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.

**True Barre: Off the Barre** 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 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

**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.

## 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.

**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.

**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.