

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 TR * Precision Run@ <i>Nima Nourhaghighi</i>	6:45-7:30 MS * Ropes and Rowers <i>Jill Niedoba</i>	7:00-7:50 CS * Precision Ride <i>Jill Niedoba</i>	6:45-7:30 MS * Stronger <i>Jana Dahmer</i>	7:00-7:45 CS * Precision Ride <i>Michael Smith</i>	9:15-10:05 YS * Power Vinyasa <i>Michael DeCorte</i>	9:30-10:15 TR * Precision Run@ <i>Michael DeCorte</i>
7:15-8:00 YS * True Barre: Bala Bangle <i>Sean De Francia</i>	7:00-7:45 CS * Beats Ride <i>Steve Beamish</i>	7:00-7:45 MS * MetCon3 <i>Mariah Maxheimer</i>	7:00-7:50 BR * Rounds: Boxing <i>Mariah Maxheimer</i>	7:00-7:45 YS * True Barre: Off the Barre <i>Katherine Toogood</i>	10:15-11:05 BR * Rounds: Boxing <i>Mariah Maxheimer</i>	10:15-11:05 BR * Rounds: Boxing <i>Christine Dela Cruz</i>
11:30-12:15 MS * MetCon Monday <i>Nariko Chaffe</i>	7:00-7:45 YS * Vinyasa Yoga <i>Michael DeCorte</i>	7:30-8:15 YS * Pilates Fusion <i>Claire Kim</i>	7:30-8:15 YS * Vinyasa Yoga (Heated) <i>Shawna Nichol</i>	8:00-8:30 MS * Best Butt Ever <i>Katherine Toogood</i>	10:15-10:45 MS * Upper Body Pump <i>Kayla Albarran</i>	10:30-11:15 MS * MetCon3 <i>Mel Sauve</i>
11:30-12:15 YS * True Barre: Off the Barre <i>Katherine Toogood</i>	7:45-8:00 YS * Meditation <i>Lana Evanson</i>	11:30-12:15 MS * Leg Day <i>Claudia Ong</i>	11:30-12:00 MS * Athletic Conditioning <i>Nariko Chaffe</i>	11:45-12:35 BR * Rounds: Boxing <i>Kilian Knight</i>	10:30-11:15 CS * Beats Ride <i>Brian Palic</i>	10:30-11:30 YS * Weekend Wind Down Yoga <i>Michael DeCorte</i>
12:15-1:05 BR * Rounds: Boxing <i>Jana Dahmer</i>	11:30-12:00 MS * Athletic Conditioning <i>Claudia Ong</i>	11:30-12:15 YS * True Barre: Off the Barre <i>Rachel Fix</i>	11:30-12:15 YS * Pilates Fusion <i>Claudia Ong</i>	12:00-12:45 MS * Whipped! <i>Kayla Albarran</i>	10:45-11:30 YS * True Barre: Off the Barre <i>Aimee Brothman</i>	11:30-12:15 MS * Stronger <i>Christine Dela Cruz</i>
12:30-1:15 MS * Stronger <i>Mariah Maxheimer</i>	11:30-12:15 YS * Pilates Mat <i>Shawna Nichol</i>	12:15-1:05 BR * Rounds: Boxing <i>Constantine Patiniotis</i>	12:15-1:00 MS * Stacked <i>Nariko Chaffe</i>	12:00-12:45 YS * Vinyasa Yoga <i>Jacqui Wells</i>		11:45-12:30 YS * Pilates Fusion <i>Adina Oprea</i>
12:30-1:20 YS * Sculpted Yoga™ <i>Carla Kava</i>	12:15-1:00 MS * Core6 <i>Claudia Ong</i>	12:30-1:15 MS * MetCon3 <i>Nariko Chaffe</i>	12:30-1:15 YS * Vinyasa Yoga <i>Justin B Haley</i>			
5:15-6:00 MS * Core6 <i>Claudia Ong</i>	12:30-1:15 YS * Power Vinyasa <i>Michael DeCorte</i>	12:30-1:15 YS * Pilates Fusion <i>Carla Kava</i>	4:45-5:15 MS * Best Butt Ever <i>Thomas Young</i>	5:15-6:00 MS * MetCon3 <i>Victoria Macchione</i>	11:30-12:15 MS * Ropes and Rowers <i>Kayla Albarran</i>	
5:30-6:15 YS * Power Vinyasa <i>Michael DeCorte</i>	4:45-5:15 MS * Upper Body Pump <i>Eva Redpath</i>	5:15-6:00 MS * Stronger <i>Nariko Chaffe</i>	5:15-6:00 YS * Power Vinyasa <i>Naomi Campbell</i>	5:15-6:00 YS * Vinyasa Yoga (Heated) <i>Justin B Haley</i>	11:45-12:30 YS * Pilates Fusion <i>Aimee Brothman</i>	
5:45-6:30 CS * Beats Ride <i>Victoria Valente</i>	5:15-6:00 YS * Pilates Fusion <i>Claudia Ong</i>	5:30-6:15 YS * True Barre: Bala Bangle <i>Sydney Keir</i>	5:30-6:15 MS * Athletic Conditioning <i>Victoria Macchione</i>	6:15-7:05 YS * Yin Yoga (Heated) <i>Justin B Haley</i>		
6:00-6:50 BR * Rounds: Boxing <i>Daniel Roach</i>	5:30-6:15 MS * MetCon3 <i>Eva Redpath</i>	5:45-6:30 CS * Beats Ride <i>Brian Palic</i>	5:45-6:30 CS * Beats Ride <i>Victoria Valente</i>			
6:15-7:00 MS * Leg Day <i>Thomas Young</i>	5:45-6:30 CS * Precision Ride <i>Michael Smith</i>	6:00-6:50 BR * Rounds: Boxing <i>Claudia Ong</i>	6:15-7:05 BR * Rounds: Boxing <i>Kilian Knight</i>			
6:30-7:15 TR * Precision Run@ <i>Michael DeCorte</i>	6:15-7:05 BR * Rounds: Boxing <i>Kilian Knight</i>	6:00-6:50 BR * Rounds: Boxing <i>Claudia Ong</i>	6:30-7:15 MS * Whipped! <i>Victoria Macchione</i>			
6:30-7:15 YS * Pilates Rise <i>Aimee Brothman</i>	6:30-7:00 MS * Best Butt Ever <i>Laura Colucci</i>	6:15-7:00 MS * Stacked <i>Nariko Chaffe</i>	6:30-7:15 MS * True Barre: Off the Barre <i>Katherine Toogood</i>			
7:30-8:15 YS * Yin Yoga <i>Michael DeCorte</i>	6:30-7:15 TR * Precision Run@ <i>Matthew Rossoff</i>	6:30-7:15 YS * Precision Run@ <i>Anastasia McQueen</i>	7:30-8:15 YS * Pilates Fusion <i>Sean De Francia</i>			
	6:30-7:15 YS * True Barre: Off the Barre <i>Eva Redpath</i>	6:30-7:15 YS * Pilates Fusion <i>Sean De Francia</i>				
	7:00-7:30 MS * Best Abs Ever <i>Laura Colucci</i>	7:30-8:15 YS * Yin Yoga Meditation (Heated) <i>Anastasia McQueen</i>				
	7:30-8:20 YS * Restorative Yoga <i>Aarti Ruparell</i>					

EQUINOX

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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 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, dumbbells, 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.

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.

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.



Regeneration

Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.



Strength

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.

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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.