EQUINOX

BAY STREET

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:45-7:30 TR *	Precision Run® *Team Equinox*
7:15-8:00 YS *	Barefoot Sculpt: The Ring *Sean De Francia*
11:30-12:15 MS *	MetCon Monday *Nariko Chaffe*
11:30-12:15 YS *	True Barre: Off the Barre *Samantha Kreindel*
12:30-1:15 MS *	Stronger *Andrew Kozicki*
12:30-1:20 YS *	Sculpted Yoga™ *Carla Kava*
5:20-6:05 MS *	**Core6** ***Claudia Ong***
5:30-6:15 YS *	Power Vinyasa *Michael DeCorte*
5:45-6:30 CS *	Beats Ride *Victoria Valente*
6:00-6:50 BR *	Rounds: Boxing *Daniel Roach*
6:20-7:05 MS *	**Stronger** ***Victoria Macchione***
6:30-7:15 TR *	Precision Run® *Michael DeCorte*
6:30-7:15 YS *	Pilates Rise *Aimee Brothman*
7:30-8:15 YS *	Yin Yoga *Michael DeCorte*

TUESDAY

6:45-7:30 MS *	Ropes and Rowers *Jill Niedoba*
7:00-7:45 CS *	Beats Ride *Steve Beamish*
7:15-8:00 YS *	Power Vinyasa (Heated) *Michael DeCorte*
11:30-12:15 YS *	Pilates Mat *Shawna Nichol*
11:45-12:15 MS *	Athletic Conditioning *Mariah Maxheimer*
12:15-1:00 MS *	Core6 *Mariah Maxheimer*
12:30-1:15 YS *	Power Vinyasa *Michael DeCorte*
4:45-5:15 MS *	Upper Body Pump *Sean De Francia*
5:15-6:00 YS *	Pilates Fusion *Claudia Ong*
5:30-6:15 MS *	MetCon3 *Sean De Francia*
5:45-6:45 CS *	THEME RIDE: *Michael Smith*
6:15-7:05 BR *	Rounds: Boxing *Kiian Knight*
6:15-7:00 YS *	Barefoot Sculpt: The Ring *Katherine Toogood*
6:30-7:00 MS *	Best Butt Ever *Shani Avidan*
7:00-7:30 MS *	Best Abs Ever *Shani Avidan*
7:15-8:05 YS *	Restorative Yoga *Aarti Ruparell*

WEDNESDAY

7:00-7:50 CS *	Precision Ride *Jill Niedoba*
7:15-8:00 YS *	**Pilates Fusion** ***Claire Kim***
11:30-12:15 MS *	**Stronger** ***Claudia Ong***
11:30-12:15 YS *	**Barefoot Sculpt: The Ring** ***Rachel Fix***
12:15-1:05 BR *	Rounds: Boxing *Constantine Patiniotis*
12:30-1:15 MS *	MetCon3 *Nariko Chaffe*
12:30-1:15 YS *	Pilates Fusion *Carla Kava*
5:20-6:05 MS *	**Stronger** ***Nariko Chaffe***
5:30-6:15 YS *	True Barre: Bala Bangle *Sydney Keir*
6:00-6:50 BR *	Rounds: Boxing *Claudia Ong*
6:30-7:15 TR *	Precision Run® *Matthew Rossoff*
6:30-7:15 YS *	Pilates Fusion *Sean De Francia*
7:30-8:15 YS *	**Yin Yoga Meditation** ***Anastasia McQueen***

THURSDAY

6:45-7:30 MS *	Stronger *Jana Dahmer*
7:10-8:00 BR *	Rounds: Boxing *Mariah Maxheimer*
7:15-8:00 YS *	Vinyasa Yoga (Heated) *Shawna Nichol*
11:30-12:15 YS *	Pilates Fusion *Claudia Ong*
11:45-12:15 MS *	**Quick HIIT** ***Nariko Chaffe***
12:15-1:00 MS *	Stacked *Nariko Chaffe*
12:30-1:15 YS *	Vinyasa Yoga *Justin B Haley*
4:30-5:00 MS *	Best Butt Ever *Mariah Maxheimer*
5:15-6:00 YS *	Power Vinyasa *Naomi Campbell*
5:30-6:20 MS *	Whipped! *Victoria Macchione*
6:15-7:05 BR *	Rounds: Boxing *Kiian Knight*
6:15-7:00 YS *	True Barre: Off the Barre *Katherine Toogood*
6:20-6:50 MS *	Best Abs Ever *Victoria Macchione*

FRIDAY

7:00-7:45 CS *	Precision Ride *Michael Smith*
7:15-8:00 MS *	Body Sculpt *Katherine Toogood*
11:45-12:30 YS *	**Barefoot Sculpt** ***Christina Williams***
12:00-12:50 MS *	Whipped! *Kayla Albarran*
4:45-5:30 YS *	Vinyasa Yoga (Heated) *Justin B Haley*
5:20-6:05 MS *	**Leg Day** ***Shani Avidan***
5:45-6:35 YS *	Yin Yoga (Heated) *Justin B Haley*

SATURDAY

9:45-10:45 YS *	**Vinyasa Yoga (Heated)** ***Michael DeCorte***
10:00-10:45 MS *	**Body Sculpt** ***Rachel Fix***
10:15-11:05 BR *	Rounds: Boxing *Mariah Maxheimer*
10:15-11:00 CS *	Beats Ride *Brian Palic*
11:00-11:30 MS *	**Upper Body Pump** ***Andrew Kozicki***
11:00-11:45 YS *	True Barre: Off the Barre *Aimee Brothman*
11:30-12:00 MS *	**Leg Day 30** ***Andrew Kozicki***
12:00-12:45 YS *	Pilates Fusion *Aimee Brothman*

SUNDAY

9:30-10:15 TR *	Precision Run® *Michael DeCorte*
10:15-11:05 BR *	Rounds: Boxing *Christine Dela Cruz*
10:30-11:15 MS *	MetCon3 *Mel Sauve*
10:30-11:30 YS *	Weekend Wind Down Yoga *Michael DeCorte*
11:30-12:15 MS *	Stronger *Christine Dela Cruz*
11:45-12:30 YS *	Pilates Fusion (Heated) *Adina Oprea*

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

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.

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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

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.

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.

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.
Leg Day 30 Thirty minutes of 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.