

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® TR * 7:15-8:00 True Barre: Bala Bangle YS * <hr/> 11:30-12:15 MetCon3 MS * 11:30-12:15 True Barre: Off the Barre YS * 12:15-1:05 Rounds: Boxing BR * Jana Dahmer <hr/> 5:15-6:00 Stacked MS * Thomas Young Power Vinyasa YS * Michael DeCorte 5:45-6:30 Beats Ride CS * Victoria Valente Rounds: Boxing BR * Daniel Roach Stronger MS * Thomas Young Precision Run® TR * Michael DeCorte 6:30-7:15 Pilates Rise YS * Aimee Brothman Yin Yoga YS * Michael DeCorte <hr/> 6:45-7:30 Ropes and Rowers MS * Jill Niedoba 7:00-7:50 Rounds: Boxing BR * Reggie Suyao 7:00-7:45 Beats Ride CS * Steve Beamish Power Vinyasa YS * Michael DeCorte <hr/> 11:30-12:15 Athletic Conditioning Claudia Ong 11:30-12:00 Pilates Mat YS * Shawna Nichol 12:15-1:00 Core6 Claudia Ong Power Vinyasa YS * <hr/> 5:15-6:00 Pilates Fusion Claudia Ong 5:15-6:00 Stronger MS * Nariko Chaffe MetCon3 MS * Eva Redpath Precision Ride CS * Michael Smith 6:15-7:05 Rounds: Boxing Kian Knight 6:30-7:00 Upper Body Pump BR * Laura Colucci 6:30-7:15 True Barre: Off the Barre YS * Eva Redpath 6:45-7:30 Precision Run® TR * Matthew Rossoff 7:00-7:30 Best Butt Ever MS * Laura Colucci 7:30-8:20 Slow Flow Yoga YS * Shawna Nichol <hr/> 6:45-7:15 Best Butt Ever Claire Kim 7:00-7:50 Precision Ride CS * Jill Niedoba 7:30-8:15 Pilates Fusion YS * Claire Kim <hr/> 11:30-12:15 Stronger Claudia Ong 11:30-12:15 True Barre: Off the Barre YS * Rachel Fix 12:15-1:05 Rounds: Boxing MS * Constantine Patiniotis MetCon3 MS * Nariko Chaffe 12:30-1:15 Pilates Fusion YS * Carla Kava <hr/> 5:15-6:00 Pilates Fusion Claudia Ong 5:15-6:00 Stronger MS * Nariko Chaffe MetCon3 MS * Eva Redpath Precision Ride CS * Michael Smith 6:15-7:05 Rounds: Boxing Kian Knight 6:00-6:50 Upper Body Pump BR * Laura Colucci 6:15-7:00 Stacked MS * Nariko Chaffe 6:30-7:15 Precision Run® TR * Shawna Nichol 6:30-7:15 Pilates Fusion YS * Sean De Francia 7:30-8:15 Yin Yoga Meditation (Heated) YS * Shawna Nichol <hr/> 6:45-7:30 Stronger Jana Dahmer 7:00-7:50 Rounds: Boxing BR * Mariah Maxheimer 7:00-7:45 Beats Ride CS * Steve Beamish 7:30-8:15 Vinyasa Yoga (Heated) Shawna Nichol <hr/> 11:30-12:15 Stronger Claudia Ong 11:30-12:15 True Barre: Off the Barre YS * Rachel Fix 12:15-1:00 Rounds: Boxing MS * Nariko Chaffe 12:30-1:15 Pilates Fusion YS * Jacqui Wells <hr/> 5:15-6:00 Athletic Conditioning Victoria Macchione 5:30-6:15 Power Vinyasa YS * Naomi Campbell 5:45-6:30 Beats Ride CS * Brian Palic 6:00-6:50 Rounds: Boxing Claudia Ong 6:30-7:15 Stacked MS * Nariko Chaffe 6:30-7:15 Precision Run® TR * Shawna Nichol 6:30-7:15 Pilates Fusion YS * Sean De Francia 7:30-8:15 Yin Yoga Meditation (Heated) YS * Shawna Nichol <hr/> 7:00-7:45 Precision Ride Michael Smith 7:00-7:45 True Barre: Off the Barre YS * Katherine Toogood 8:00-8:30 Best Butt Ever MS * Katherine Toogood <hr/> 7:00-7:45 Precision Ride Michael Smith 7:00-7:45 True Barre: Off the Barre YS * Katherine Toogood 8:00-8:30 Best Butt Ever MS * Katherine Toogood <hr/> 9:15-10:05 Power Vinyasa YS * Michael DeCorte 10:15-11:05 Rounds: Boxing BR * Mariah Maxheimer 10:15-10:45 Upper Body Pump MS * Kayla Albarran 10:30-11:15 Beats Ride CS * Brian Palic 10:45-11:15 Best Butt Ever MS * Kayla Albarran 10:45-11:30 True Barre: Off the Barre YS * Aimee Brothman <hr/> 11:30-12:15 Ropes and Rowers MS * Kayla Albarran 11:45-12:30 Pilates Fusion YS * Aimee Brothman <hr/> 9:30-10:15 Precision Run® TR * Michael DeCorte 10:15-11:05 Rounds: Boxing BR * Christine Dela Cruz 10:30-11:30 Weekend Wind Down Yoga YS * Michael DeCorte 10:45-11:30 Beats Ride CS * Victoria Valente 11:00-11:45 MetCon3 MS * Victoria Macchione <hr/> 11:15-12:05 Rounds: Boxing BR * Christine Dela Cruz 11:45-12:30 Pilates Fusion YS * Adina Oprea						

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.