EQUINOX **YORKVILLE**

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

7:00-8:00	YS *	**Power Vinyasa (Heated)** ***Celia Owen***
7:15-7:45	MS *	Core6 Express *Katherine Toogood*
7:45-8:15	MS *	**Best Butt Ever** ***Katherine Toogood***
8:30-9:15	YS *	True Barre *Katherine Toogood*
9:30-10:15	MS *	Athletic Conditioning *Claudia Ong*
9:30-10:15	YS *	Pilates at the Barre *Samantha Kreindel*
10:30-11:15	YS *	Pilates Fusion *Claudia Ong*
12:00-12:30	MS *	Best Butt Ever *Eva Redpath*
12:00-12:45	YS *	Hatha Yoga *Anastasia McQueen*
12:30-1:00	MS *	Upper Body Pump *Eva Redpath*
1:30-2:15	YS *	True Barre: Bala Bangle *Eva Redpath*
3:45-4:30	YS *	**True Barre** ***Sydney Keir***
5:00-5:45	MS *	Stronger *Brian Palic*
5:15-6:00	YS *	Pilates Fusion *Anastasia McQueen*
6:00-6:45	MS *	MetCon Monday *Eva Redpath*
6:15-7:00	CS *	**Beats Ride** ***Brian Palic***
6:30-7:15	TR *	**Precision Run®** ***Matthew Rossoff***
6:30-7:15	YS *	Barefoot Sculpt: The Ring *Carla Kava*
7:30-8:20	YS *	Vinyasa Yoga *Carla Kava*

TUESDAY

6:30-7:15	YS *	**True Barre: Bala Bangle** ***Claire Kim***
7:00-7:45	TR *	**Precision Walk: Elevate** ***Nima Nourhaghighi***
7:15-8:00	MS *	Stronger *Jana Dahmer*
7:30-8:15	YS *	Pilates Mat (Heated) *Adina Oprea*
8:30-9:15	YS *	Pilates at the Barre *Sydney Keir*
9:15-10:00	CS *	Precision Ride *Jill Niedoba*
9:30-10:15	MS *	Body Sculpt *Adina Oprea*
9:45-10:30	YS *	Pilates Fusion *Anastasia McQueen*
10:45-11:45	YS *	Slow Flow Yoga *Marla Bond*
12:00-12:45	MS *	Stronger Women *Team Equinox*
12:15-1:00	YS *	True Barre *Tricia Tomiczek*
1:30-2:15	YS *	**Barefoot Sculpt (Heated)** ***Samantha Kreindel***
4:00-4:45	YS *	Pilates at the Barre *Carla Kava*
5:00-5:50	YS *	Pilates Rise *Aimee Brothman*
5:15-6:00	MS *	Leg Day *Rachel Fix*
6:00-6:50	YS *	Vinyasa Yoga (Heated) *Justin B Haley*
6:15-6:45	MS *	Upper Body Pump *Rachel Fix*
6:15-7:05	TR *	Precision Walk: Elevate *Anastasia McQueen*
6:45-7:00	MS *	Best Abs Ever *Rachel Fix*
7:15-8:05	YS *	Yin Yoga (Heated) *Justin B Haley*

WEDNESDAY

6:30-7:15	YS *	Pilates at the Barre *Adina Oprea*
7:00-7:45	MS *	Athletic Conditioning *Josh Duchesne*
7:30-8:15	YS *	True Barre: Bala Bangle *Eva Redpath*
8:30-9:15	YS *	Pilates Fusion *Rachel Burns*
9:30-10:00	MS *	**Best Butt Ever** ***Eva Redpath***
9:30-10:15	YS *	Pilates Mat *Kim McBean*
10:00-10:30	MS *	Upper Body Pump *Eva Redpath*
10:45-11:30	YS *	True Barre: Bala Bangle *Eva Redpath*
12:00-12:45	YS *	Pilates Fusion *Britanny Booth*
12:15-1:00	MS *	Best Butt Ever *Kayla Albarran*
1:00-1:15	MS *	Best Abs Ever *Kayla Albarran*
1:30-2:15	YS *	True Barre *Britanny Booth*
3:45-4:30	YS *	**Pilates Mat** ***Bianca Gross***
5:00-5:45	MS *	Athletic Conditioning *Julian Ho*
5:15-6:15	YS *	Vinyasa Yoga *Tia Miric*
6:00-6:45	MS *	**Body Sculpt** ***Adina Oprea***
6:00-6:50	TR *	**Precision Run + Strength** ***Julian Ho***
6:15-7:00	CS *	Precision Ride *Michael Smith*
6:30-7:20	YS *	Pilates Rise *Aimee Brothman*
7:30-8:30	YS *	Restorative Yoga (Heated) *Tia Miric*

THURSDAY

6:30-7:15	YS *	True Barre *Sean De Francia*
7:15-7:45	MS *	**Leg Day 30** ***Rachel Fix***
7:30-8:15	YS *	Barefoot Sculpt: The Ring (Heated) *Adina Oprea*
7:45-8:15	MS *	Upper Body Pump *Rachel Fix*
8:30-9:15	YS *	Pilates at the Barre *Carla Kava*
9:15-10:00	CS *	Beats Ride *Claudia Ong*
9:30-10:15	MS *	Body Sculpt *Celia Owen*
9:45-10:30	YS *	True Barre *Rachel Fix*
10:45-11:30	YS *	Pilates Mat *Bianca Gross*
12:00-12:45	MS *	Stronger *Celia Owen*
12:30-1:15	YS *	True Barre: Bala Bangle *Sydney Keir*
4:00-4:45	YS *	Pilates at the Barre *Adina Oprea*
5:00-5:45	YS *	**Pilates Fusion (Heated)** ***Samantha Kreindel***
5:15-6:00	MS *	Core6 *Jana Dahmer*
6:00-7:00	YS *	Sculpted Yoga™ *Carla Kava*
6:15-7:00	MS *	Stacked *Jana Dahmer*
7:15-8:15	YS *	Slow Flow Yoga (Heated) *Marla Bond*

FRIDAY

6:30-7:15	YS *	**Pilates at the Barre** ***Beverley Demelo***
7:15-8:00	MS *	**MetCon3** ***Josh Duchesne***
7:30-8:15	YS *	**Pilates Fusion (Heated)** ***Beverley Demelo***
8:30-9:15	YS *	True Barre: Bala Bangle *Rachel Fix*
9:30-10:00	MS *	**Best Butt Ever** ***Katherine Toogood***
9:30-10:30	YS *	Vinyasa Yoga *Jaffer Hussain*
10:00-10:30	MS *	Upper Body Pump *Katherine Toogood*
10:45-11:45	YS *	Yin Yoga Meditation (Heated) *Jaffer Hussain*
12:15-1:00	MS *	Rounds: Bags and Mitts *Constantine Patiniotis*
12:15-1:00	YS *	Pilates Fusion *Sasha Ignatenko*
1:15-1:45	MS *	**Best Abs Ever** ***Sasha Ignatenko***
1:30-2:15	YS *	Pilates at the Barre *Karen Medina*
5:00-5:45	MS *	Whipped! *Julian Ho*
5:15-6:15	YS *	Vinyasa Yoga (Heated) *Michael DeCorte*
6:00-6:45	TR *	Precision Run® *Julian Ho*
6:30-7:15	YS *	**Pilates Fusion (Heated)** ***Aimee Brothman***

SATURDAY

8:15-8:45	MS *	**Leg Day 30** ***Andrew Kozicki***
8:30-9:15	YS *	**True Barre: Bala Bangle** ***Sean De Francia***
8:45-9:00	MS *	**Best Abs Ever** ***Andrew Kozicki***
9:15-10:00	MS *	**Athletic Conditioning** ***Andrew Kozicki***
9:30-10:15	YS *	**Pilates Fusion** ***Karen Medina***
10:05-10:50	CS *	Beats Ride *Michael Smith*
10:15-11:00	MS *	**Body Sculpt** ***Carmen Puyo***
10:30-11:15	YS *	**True Barre: Bala Bangle** ***Karen Medina***
11:15-12:00	MS *	**Stronger** ***Bianca Celotti***
11:45-12:30	YS *	**Vinyasa Yoga (Heated)** ***Justin B Haley***
12:15-1:00	MS *	**Athletic Conditioning** ***Bianca Celotti***
12:45-1:30	YS *	**Yin Yoga (Heated)** ***Justin B Haley***
1:15-2:05	MS *	**Studio Dance: Hip Hop** ***Tuch***
1:45-2:30	YS *	Pilates Fusion *Aimee Brothman*
2:15-3:00	MS *	**Stronger** ***Jana Dahmer***
3:45-4:45	YS *	**Vinyasa Yoga (Heated)** ***Michael DeCorte***
5:00-6:00	YS *	Yin Yoga (Heated) *Michael DeCorte*

SUNDAY

8:30-9:15	YS *	**Pilates at the Barre** ***Anastasia McQueen***
9:00-9:30	MS *	**Best Butt Ever** ***Eva Redpath***
9:30-10:00	MS *	Upper Body Pump *Eva Redpath*
9:30-10:15	TR *	Precision Run® *Matthew Rossoff*
9:30-10:15	YS *	**Pilates Rise** ***Karen Medina***
10:30-11:15	YS *	**True Barre: Bala Bangle** ***Eva Redpath***
10:45-11:30	CS *	Beats Ride *Charlotte Steel*
10:45-11:30	MS *	**Stronger** ***Victoria Macchione***
11:30-12:15	YS *	**Pilates Fusion** ***Anastasia McQueen***
11:45-12:30	MS *	**MetCon3** ***Eva Redpath***
12:30-1:30	YS *	**Yin Yoga (Heated)** ***Jaffer Hussain***
1:45-2:30	YS *	**Pilates at the Barre** ***Rachel Fix***
2:45-3:30	YS *	**Barefoot Sculpt: The Ring (Heated)** ***Rachel Fix***
3:00-3:45	MS *	**Best Butt Ever** ***Alice Saunders***
4:30-5:30	YS *	Weekend Wind Down Yoga *Marla Bond*

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

EQUINOX

YORKVILLE

55 Avenue Road

TORONTO M5R 3L2

EQUINOX.COM

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-FRI 09:00 AM 02:00 PM

SAT-SUN 08:00 AM 02:00 PM

GROUP FITNESS MANAGER

adina.oprea@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

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.

Yoga

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
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.
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.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.
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.

Dance

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals 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 + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.
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.
Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
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.

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.

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.
Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women’s performance program. Optimized for women, but open to all. 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.