

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 YS * Pilates Rise <i>Beverley Demelo</i>	6:15-7:00 MS * Stronger <i>Celia Owen</i>	6:15-7:00 YS * Pilates Fusion <i>Beverley Demelo</i>	6:15-7:00 MS * Leg Day <i>Laura Colucci</i>	6:15-7:00 YS * Pilates Mat <i>Rachel Fix</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Carla Kava</i>	8:30-9:15 YS * Pilates Fusion <i>Camille Marulanda</i>
6:30-7:15 MS * MetCon Monday <i>Andrew Kozicki</i>	6:30-7:15 YS * Power Vinyasa (Heated) <i>Jaffer Hussain</i>	6:30-7:15 MS * Ropes and Rowers <i>Carley Stastny</i>	6:30-7:15 YS * Vinyasa Yoga (Heated) <i>Grace Kingston</i>	6:30-7:15 MS * Stacked <i>Andrew Kozicki</i>	8:45-9:30 MS * MetCon3 <i>Alice Saunders</i>	8:45-9:30 MS * Stronger <i>Jordan Joseph</i>
7:15-8:00 YS * True Barre: Bala Bangle <i>Tiana Bentley</i>	7:00-7:45 CS * Beats Ride <i>Chris Wong</i>	7:15-8:05 YS * Sculpted Yoga™ <i>Carla Kava</i>	7:00-7:45 CS * Beats Ride <i>Brian Palic</i>	7:15-8:00 YS * Power Vinyasa <i>Celia Owen</i>	9:30-10:15 TR * Precision Run + Strength <i>Adina Oprea</i>	9:30-10:15 CS * THEME RIDE: <i>Alison Sheppard</i>
7:30-8:15 MS * Leg Day <i>Andrew Kozicki</i>	7:15-8:00 MS * Athletic Conditioning <i>Celia Owen</i>	7:30-8:15 MS * Stronger <i>Laura Colucci</i>	7:15-8:00 MS * Stacked <i>Camille Marulanda</i>	7:30-8:15 MS * Stronger <i>Andrew Kozicki</i>	9:30-10:15 YS * Pilates Rise <i>Aimee Brothman</i>	9:30-10:15 YS * Power Vinyasa (Heated) <i>Celia Owen</i>
9:15-10:00 YS * Slow Flow Yoga (Heated) <i>Jaffer Hussain</i>	7:30-8:15 YS * Pilates Mat (Heated) <i>Adina Oprea</i>	8:15-9:00 YS * Barefoot Sculpt <i>Carla Kava</i>	7:30-8:15 YS * Pilates at the Barre (Heated) <i>Grace Kingston</i>	8:15-9:00 YS * Barefoot Sculpt <i>Celia Owen</i>	9:45-10:30 MS * Stronger <i>Alice Saunders</i>	9:45-10:30 MS * Stacked <i>Camille Marulanda</i>
12:00-12:45 MS * Best Butt Ever <i>Alice Saunders</i>	8:30-9:15 MS * Best Butt Ever <i>Rachel Fix</i>	9:15-10:00 YS * True Barre: Off the Barre (Heated) <i>Tiana Bentley</i>	8:30-9:15 MS * Stronger <i>Camille Marulanda</i>	9:15-10:00 YS * Pilates Fusion (Heated) <i>Camille Marulanda</i>	10:30-11:15 CS * Beats Ride <i>Rachel Burns</i>	10:30-11:15 YS * Pilates Rise (Heated) <i>Rachel Burns</i>
12:15-1:00 YS * Pilates Mat <i>Adina Oprea</i>	9:15-10:00 YS * Pilates at the Barre <i>Rachel Burns</i>	10:15-11:00 YS * Yin Yoga (Heated) <i>Justin B Haley</i>	9:15-10:00 YS * Pilates Mat <i>Samantha Kreindel</i>	12:00-12:45 MS * Stronger <i>Rachel Fix</i>	10:30-11:15 YS * Power Vinyasa (Heated) <i>Brendan Bornstein</i>	10:45-11:30 MS * Best Butt Ever <i>Jordan Joseph</i>
4:15-5:05 YS * Sculpted Yoga™ <i>Una Filipovic</i>	10:15-11:00 YS * Vinyasa Yoga <i>Jaffer Hussain</i>	12:00-12:45 YS * Pilates Fusion <i>Ashley Leyland</i>	10:15-11:00 YS * Vinyasa Yoga <i>Brendan Bornstein</i>	12:15-1:00 YS * Vinyasa Yoga <i>Justin B Haley</i>	11:00-11:45 MS * Whipped! <i>Claudia Ong</i>	11:30-12:00 MS * Best Abs Ever <i>Jordan Joseph</i>
5:15-6:00 YS * Pilates Rise <i>Sasha Ignatenko</i>	4:30-5:15 YS * Barefoot Sculpt <i>Rachel Burns</i>	12:15-1:00 MS * Athletic Conditioning <i>Bianca Celotti</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Rachel Fix</i>	4:30-5:15 YS * True Barre <i>Samantha Kreindel</i>	11:30-12:15 YS * Barefoot Sculpt (Heated) <i>Sasha Ignatenko</i>	11:30-12:15 YS * Weekend Wind Down Yoga <i>Queenie Phair</i>
5:30-6:15 MS * Whipped! <i>Julian Ho</i>	5:15-6:00 MS * MetCon3 <i>Eva Redpath</i>	4:15-5:00 YS * Power Vinyasa <i>Queenie Phair</i>	5:15-6:00 MS * Best Butt Ever <i>Rachel Burns</i>	5:15-6:00 MS * Leg Day <i>Christina Williams</i>	11:30-12:15 YS * Barefoot Sculpt: The Ring <i>Sasha Ignatenko</i>	12:30-1:15 YS * True Barre <i>Katherine Toogood</i>
6:00-6:45 CS * THEME RIDE: <i>Josh Camson</i>	5:30-6:15 YS * Pilates Mat <i>Lindsay Cavanaugh</i>	5:15-6:00 YS * Pilates at the Barre <i>Samantha Kreindel</i>	5:30-6:15 YS * Pilates Fusion <i>Christina Williams</i>	5:30-6:15 YS * Pilates Rise <i>Samantha Kreindel</i>	12:00-12:45 MS * The Cut <i>Rachel Burns</i>	1:30-2:15 YS * Barefoot Sculpt <i>Katherine Toogood</i>
6:15-7:00 YS * Pilates Fusion (Heated) <i>Sasha Ignatenko</i>	6:00-7:00 CL * Precision Run® (Outdoor) <i>Carley Stastny</i>	5:30-6:15 MS * Stronger <i>Andrew Kozicki</i>	6:30-7:15 MS * Ropes and Rowers <i>Jordan Joseph</i>	6:45-7:45 YS * Weekend Wind Down Yoga (Heated) <i>Naomi Campbell</i>	12:30-1:15 YS * Pilates at the Barre <i>Sean De Francia</i>	2:30-3:15 YS * Vinyasa Yoga <i>Michael DeCorte</i>
6:30-7:15 MS * Stronger <i>Julian Ho</i>	6:15-7:00 MS * Best Butt Ever <i>Tré Paton</i>	6:00-6:45 CS * THEME RIDE: <i>Alison Sheppard</i>	6:30-7:15 YS * Barefoot Sculpt <i>Christina Williams</i>		3:00-3:45 YS * Slow Flow Yoga (Heated) <i>Abby Gaskin</i>	
7:15-8:00 YS * Barefoot Sculpt (Heated) <i>Sean De Francia</i>	6:30-7:15 YS * True Barre: Bala Bangle <i>Eva Redpath</i>	6:15-7:00 YS * Pilates Fusion (Heated) <i>Samantha Kreindel</i>	7:30-8:00 MS * Best Abs Ever <i>Jordan Joseph</i>			
7:15-8:00 YS * Barefoot Sculpt: The Ring <i>Sean De Francia</i>	7:00-7:30 MS * Best Abs Ever <i>Tré Paton</i>	6:30-7:15 MS * Stacked <i>Andrew Kozicki</i>	7:30-8:20 YS * Sculpted Yoga™ <i>Una Filipovic</i>			
	7:30-8:15 YS * Slow Flow Yoga <i>Jonathan Phair</i>	7:15-8:00 YS * Barefoot Sculpt (Heated) <i>Rachel Fix</i>				

EQUINOX

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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

GROUP FITNESS MANAGER
rachel.burns@equinox.com

SIGNATURE CLASSES.
ACCLAIMED INSTRUCTORS.
TRANSFORMED BODIES.

STUDIO KEY
CS Cycling Studio
MS Main Studio
YS Yoga Studio
TR Treadmill Area
CL Club Lobby

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.
THEME RIDE: A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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.

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.
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.

Boxing

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

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.

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.

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.
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.

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.
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.