EQUINOX

KING WEST

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

6:15-7:00 YS * — Pilates at the Barre — *Beverley Demelo*

6:30-7:15 MS * — MetCon Monday — *Andrew Kozicki*

7:15-8:00 YS * — True Barre: Bala Bangle — *Tiana Bentley*

7:30-8:15 MS * — **Best Butt Ever** — ***Andrew Kozicki***

9:30-10:15 YS * — **Slow Flow Yoga (Heated)** — ***Jaffer Hussain***

11:45-12:30 YS * — **Pilates Mat** — ***Adina Oprea***

12:00-12:45 MS * — Best Butt Ever — *Alice Saunders*

1:15-2:00 YS * — **Pilates at the Barre** — ***Adina Oprea***

4:25-5:15 YS * — **Sculpted Yoga™** — ***Una Filipovic***

5:30-6:15 YS * — **Pilates Rise** — ***Sasha Ignatenko***

5:40-6:25 MS * — **Whipped!** — ***Julian Ho***

6:00-6:45 CS * — THEME RIDE: EDM Mondays — *Josh Camson*

6:30-7:15 YS * — **Pilates Fusion (Heated)** — ***Sasha Ignatenko***

6:40-7:25 MS * — **Stronger** — ***Julian Ho***

7:30-8:15 YS * — **Athletic Stretch (Heated)** — ***Julian Ho***

7:40-8:25 MS * — **Body Sculpt** — ***Sean De Francia***

8:30-9:15 YS * — **Vinyasa Yoga (Heated)** — ***Naomi Campbell***

TUESDAY

6:15-7:00 MS * — Stronger — *Celia Owen*

6:30-7:15 YS * — Power Vinyasa (Heated) — *Tia Miric*

7:00-7:45 CS * — Beats Ride — *Chris Wong*

7:15-8:00 MS * — Athletic Conditioning — *Celia Owen*

7:30-8:15 YS * — **Barefoot Sculpt: The Ring (Heated)** — ***Rachel Burns***

9:30-10:15 YS * — Pilates at the Barre — *Rachel Burns*

10:30-11:15 YS * — **Vinyasa Yoga (Heated)** — ***Jaffer Hussain***

11:45-12:30 MS * — **Stronger Women** — ***Claudia Ong***

12:00-12:45 YS * — Pilates Fusion — *Ashley Leyland*

3:00-3:45 YS * — **Yin Yoga + Sound Meditation** — ***Jonathan Phair***

4:30-5:15 YS * — Barefoot Sculpt — *Alyssa Nienhuis*

5:30-6:00 YS * — Pilates Mat — *Lindsay Cavanaugh*

5:40-6:25 MS * — MetCon3 — *Eva Redpath*

6:00-6:45 TR * — Precision Run® — *Carley Stastny*

6:30-7:15 YS * — True Barre: Bala Bangle — *Eva Redpath*

6:40-7:25 MS * — Best Butt Ever — *Tré Paton*

7:30-8:00 MS * — Best Abs Ever — *Tré Paton*

7:30-8:15 YS * — Slow Flow Yoga — *Jonathan Phair*

8:30-9:15 YS * — Yin Yoga — *Jaffer Hussain*

WEDNESDAY

6:15-7:00 YS * — Pilates Fusion — *Beverley Demelo*

6:30-7:15 MS * — Ropes and Rowers — *Carley Stastny*

7:00-7:45 TR * — **Precision Run®** — ***Team Equinox***

7:15-8:05 YS * — Sculpted Yoga™ — *Carla Kava*

7:30-8:15 MS * — Stronger — *Laura Colucci*

9:30-10:15 YS * — True Barre (Heated) — *Tiana Bentley*

10:30-11:15 YS * — Yin Yoga (Heated) — *Justin B Haley*

11:45-12:30 YS * — **Barefoot Sculpt** — ***Ashley Leyland***

12:15-1:00 MS * — Athletic Conditioning — *Bianca Celotti*

1:15-2:00 YS * — **Pilates at the Barre (Heated)** — ***Rachel Burns***

4:30-5:15 YS * — **Pilates at the Barre** — ***Samantha Kreindel***

5:30-6:15 YS * — **Power Vinyasa** — ***Queenie Phair***

5:30-6:15 YS * — Vinyasa Yoga — *Odeta Kasa*

5:40-6:25 MS * — **Stronger** — ***Andrew Kozicki***

6:30-7:15 CS * — **Beats Ride** — ***Rachel Burns***

6:30-7:15 YS * — **Pilates Fusion (Heated)** — ***Samantha Kreindel***

6:40-7:25 MS * — **Athletic Conditioning** — ***Andrew Kozicki***

7:30-8:15 YS * — **Barefoot Sculpt: The Ring (Heated)** — ***Rachel Fix***

7:40-8:25 MS * — Rounds: Bags and Mitts — *Mariah Maxheimer*

8:30-9:15 YS * — **Slow Flow Yoga (Heated)** — ***Michael DeCorte***

THURSDAY

6:15-7:00 MS * — Leg Day — *Laura Colucci*

6:30-7:15 YS * — Vinyasa Yoga (Heated) — *Grace Kingston*

7:00-7:45 CS * — Beats Ride — *Brian Palic*

7:15-8:00 MS * — **Best Butt Ever** — ***Camille Marulanda***

7:30-8:15 YS * — Pilates at the Barre (Heated) — *Grace Kingston*

9:30-10:15 YS * — **Barefoot Sculpt** — ***Samantha Kreindel***

10:30-11:15 YS * — **Vinyasa Yoga (Heated)** — ***Brendan Bornstein***

11:45-12:15 MS * — **Upper Body Pump** — ***Carley Stastny***

12:00-12:45 YS * — Pilates at the Barre — *Samantha Kreindel*

12:15-12:45 MS * — **Best Abs Ever** — ***Carley Stastny***

3:00-3:45 YS * — **Vinyasa Yoga** — ***Carla Kava***

4:30-5:15 YS * — True Barre: Bala Bangle — *Rachel Fix*

5:30-6:15 YS * — Pilates Fusion — *Christina Williams*

5:40-6:25 MS * — Best Butt Ever — *Marlon Santos*

6:30-7:15 YS * — Barefoot Sculpt — *Christina Williams*

6:40-7:25 MS * — Stronger — *Jordan Joseph*

7:30-8:00 MS * — Best Abs Ever — *Jordan Joseph*

7:30-8:15 YS * — Vinyasa Yoga — *Una Filipovic*

8:30-9:15 YS * — Yin Yoga Meditation — *Una Filipovic*

FRIDAY

6:15-7:00 YS * — Pilates Mat — *Grace Kingston*

6:30-7:00 MS * — **Upper Body Pump** — ***Andrew Kozicki***

7:00-7:15 MS * — **Best Abs Ever** — ***Andrew Kozicki***

7:15-8:00 YS * — **Slow Flow Yoga** — ***Grace Kingston***

7:30-8:15 MS * — Stronger — *Andrew Kozicki*

8:15-9:00 YS * — Barefoot Sculpt (Heated) — *Sasha Ignatenko*

9:30-10:15 YS * — **Pilates Fusion (Heated)** — ***Camille Marulanda***

10:30-11:15 YS * — **Yin Yoga (Heated)** — ***Justin B Haley***

12:00-12:45 MS * — Stronger — *Rachel Fix*

12:15-1:00 TR * — **Precision Run®** — ***Julian Ho***

12:15-1:00 YS * — Vinyasa Yoga — *Justin B Haley*

1:15-2:00 YS * — **Athletic Stretch (Heated)** — ***Julian Ho***

3:00-3:45 YS * — **True Barre: Bala Bangle (Heated)** — ***Sean De Francia***

4:30-5:15 YS * — Pilates at the Barre — *Samantha Kreindel*

5:00-5:45 CS * — Beats Ride — *Alison Sheppard*

5:15-6:00 MS * — **Body Sculpt** — ***Christina Williams***

5:30-6:15 YS * — Pilates Fusion (Heated) — *Samantha Kreindel*

6:45-7:45 YS * — Weekend Wind Down Yoga (Heated) — *Odeta Kasa*

SATURDAY

8:30-9:15 YS * — True Barre: Bala Bangle — *Carla Kava*

8:45-9:30 MS * — **Body Sculpt** — ***Rachel Burns***

9:30-10:30 YS * — **Power Vinyasa (Heated)** — ***Brendan Bornstein***

9:45-10:30 MS * — Stronger — *Alice Saunders*

10:30-11:15 CS * — Beats Ride — *Rachel Burns*

10:45-11:15 MS * — **Upper Body Pump** — ***Alice Saunders***

10:45-11:30 YS * — **Barefoot Sculpt: The Ring (Heated)** — ***Sasha Ignatenko***

11:15-11:45 MS * — **Best Abs Ever** — ***Alice Saunders***

11:45-12:30 YS * — Pilates Fusion — *Rachel Fix*

12:00-12:45 MS * — The Cut — *Rachel Burns*

12:45-1:30 YS * — **Pilates at the Barre** — ***Sean De Francia***

3:00-3:45 YS * — Slow Flow Yoga (Heated) — *Abby Gaskin*

4:15-5:15 YS * — Yin Yoga (Heated) — *Brendan Bornstein*

5:30-6:15 YS * — **Barefoot Sculpt (Heated)** — ***Alyssa Nienhuis***

SUNDAY

8:30-9:15 YS * — Pilates Fusion — *Camille Marulanda*

8:45-9:30 MS * — Stronger — *Jordan Joseph*

9:30-10:15 CS * — THEME RIDE: *Team Equinox*

9:30-10:15 TR * — **Precision Run + Strength** — ***Adina Oprea***

9:30-10:15 YS * — Power Vinyasa (Heated) — *Celia Owen*

9:45-10:30 MS * — Stacked — *Camille Marulanda*

10:30-11:15 YS * — Pilates Mat (Heated) — *Rachel Burns*

10:45-11:30 MS * — Best Butt Ever — *Jordan Joseph*

11:30-12:00 MS * — Best Abs Ever — *Jordan Joseph*

11:30-12:15 YS * — Weekend Wind Down Yoga — *Naomi Campbell*

12:30-1:15 YS * — Barefoot Sculpt — *Katherine Toogood*

1:30-2:15 YS * — True Barre — *Katherine Toogood*

2:30-3:30 YS * — Vinyasa Yoga (Heated) — *Michael DeCorte*

4:15-5:15 YS * — Gentle Yoga — *Jonathan Phair*

5:30-6:30 YS * — Yin Yoga Meditation — *Jonathan Phair*

EQUINOX

KING WEST

70 Bathurst St

TORONTO M5V 2P5

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 07:00 AM 09:00 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

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.
THEME RIDE: EDM Mondays 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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.
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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.
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.

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.
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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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.

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.

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.

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.
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.