

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|--|---|
| 6:00-6:50 MS * Ropes and Rowers <i>Geoff Bagshaw</i> | 6:15-7:00 MS * Body Sculpt <i>Zachary Fiorido</i> | 6:00-6:45 MS * Tabata Max <i>Luke Sykes</i> | 6:00-6:45 MS * MetCon3 <i>Luke Sykes</i> | 6:00-6:45 BR * Rounds: Boxing <i>Luke Sykes</i> | 8:45-9:35 BA * True Barre: Cardio <i>Toni Nielsen</i> | 8:15-9:00 MS * Body Sculpt <i>Geoff Bagshaw</i> |
| 6:15-7:00 CS * Beats Ride <i>Monique Blythe</i> | 6:30-7:15 BR * Rounds: Boxing <i>Luke Sykes</i> | 6:15-7:00 CS * Beats Ride <i>Monique Blythe</i> | 6:00-6:45 TR * Precision Walk: Elevate <i>Zachary Fiorido</i> | 6:00-6:45 MS * Stacked <i>Kelly Dunlop</i> | 9:00-9:45 MS * Stacked <i>Jennifer Wick</i> | 8:30-9:20 BA * True Barre <i>Toni Nielsen</i> |
| 6:15-7:00 TR * Precision Run + Strength <i>Zachary Fiorido</i> | 7:00-7:45 CS * Precision Ride <i>Maxwell Lattimer</i> | 7:00-7:50 YS * Hatha Yoga <i>Mandi Von Alkier</i> | 7:00-7:45 CS * Beats Ride <i>Shaiful Zakaria</i> | 6:15-7:00 CS * Beats + Bands Ride <i>Zachary Fiorido</i> | 9:00-9:45 YS * Pilates Fusion (Heated) <i>Davi Teixeira</i> | 8:30-9:00 TR * Precision Run 30 <i>Liz Jacobs</i> |
| 7:00-7:50 YS * Hatha Yoga <i>Mandi Von Alkier</i> | 7:00-7:45 YS * Pilates Fusion <i>Hadis Kiani</i> | 7:30-8:15 MS * MetCon3 <i>Luke Sykes</i> | 7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Krystina Kodesh</i> | 7:00-7:45 TR * Precision Run® <i>Luke Sykes</i> | 9:15-10:00 CS * Beats Ride <i>Monique Blythe</i> | 9:05-10:05 YS * Weekend Wind Down Yoga <i>Marcus Tong</i> |
| 7:30-8:15 MS * Stronger <i>Zachary Fiorido</i> | 7:15-8:05 BA * True Barre <i>Zachary Fiorido</i> | 8:00-8:50 BA * True Barre <i>Mandi Von Alkier</i> | 7:15-8:05 BA * Pilates at the Barre <i>Zachary Fiorido</i> | 7:00-7:50 YS * Vinyasa Yoga <i>Marcus Tong</i> | 9:15-10:00 TR * Precision Run® <i>Sara Cathcart</i> | 9:15-10:00 CS * Beats Ride <i>Davi Teixeira</i> |
| 8:00-8:50 BA * True Barre <i>Mandi Von Alkier</i> | 7:30-8:15 MS * Athletic Conditioning <i>Luke Sykes</i> | 9:15-10:00 MS * Cardio Sculpt <i>Geoff Bagshaw</i> | 7:30-8:20 MS * Whipped! <i>Luke Sykes</i> | 7:30-8:15 MS * Stronger <i>Zachary Fiorido</i> | 10:00-10:50 BA * True Barre <i>Sara Allen</i> | 9:45-10:35 BA * Pilates at the Barre <i>Toni Nielsen</i> |
| 9:15-10:00 YS * Pilates Fusion <i>Carolyn Cheung</i> | 9:15-9:45 MS * Upper Body Pump <i>Shaiful Zakaria</i> | 10:15-11:15 YS * Vinyasa Yoga <i>Emma Colling</i> | 9:15-10:00 MS * Core6 <i>Shaiful Zakaria</i> | 9:15-10:00 MS * Limited Series: Stronger Women <i>Sara Cathcart</i> | 10:00-10:45 BR * Rounds: Boxing <i>Donny Watson</i> | 9:45-10:30 MS * MetCon3 <i>Jhomas Suyom</i> |
| 10:30-11:20 BA * True Barre <i>Carolyn Cheung</i> | 9:45-10:15 MS * Best Abs Ever <i>Shaiful Zakaria</i> | 11:45-12:35 BA * Pilates at the Barre <i>Carolyn Cheung</i> | 10:30-11:30 YS * Vinyasa Yoga <i>Marcus Tong</i> | 10:15-11:15 YS * Vinyasa Yoga (Heated) <i>Mari Dickey</i> | 10:15-11:15 YS * Sculpted Yoga™ <i>Davi Teixeira</i> | 10:30-11:15 BR * Rounds: Boxing <i>Kiwi A</i> |
| 12:00-12:45 MS * Body Sculpt <i>Geoff Bagshaw</i> | 10:30-11:30 YS * Vinyasa Yoga <i>Christie Baumgartner</i> | 12:00-12:45 MS * Circuit Training <i>Alex Jack</i> | 12:00-12:45 YS * Pilates Fusion <i>Krystina Kodesh</i> | 11:45-12:35 BA * True Barre <i>Taylor Mackay</i> | 10:30-11:00 MS * Upper Body Pump <i>Geoff Bagshaw</i> | 10:45-11:45 YS * Vinyasa Yoga <i>Marcus Tong</i> |
| 12:15-1:15 YS * Vinyasa Yoga <i>Christie Baumgartner</i> | 12:00-12:45 YS * Pilates Fusion <i>Sara Allen</i> | 1:00-2:00 YS * Vinyasa Yoga <i>Krystina Kodesh</i> | 12:10-12:55 MS * Stacked <i>Shaiful Zakaria</i> | 12:00-12:30 MS * Best Butt Ever <i>Geoff Bagshaw</i> | 11:00-11:45 CS * Beats Ride <i>Aida Mohajeri</i> | 11:00-11:50 BA * True Barre <i>Davi Teixeira</i> |
| 12:45-1:00 MS * Best Abs Ever <i>Geoff Bagshaw</i> | 12:10-1:00 MS * Whipped! <i>Shaiful Zakaria</i> | 1:30-2:15 MS * Stronger <i>Shaiful Zakaria</i> | 1:00-1:45 CS * Beats Ride <i>Zachary Fiorido</i> | 12:15-1:15 YS * Vinyasa Yoga <i>Kristi Albernaz</i> | 11:00-11:30 MS * Best Abs Ever <i>Geoff Bagshaw</i> | |
| 1:30-2:15 MS * Athletic Conditioning <i>Josie Norburn</i> | 1:00-1:45 CS * Beats Ride <i>Jennifer Wick</i> | 3:15-4:00 MS * Body Sculpt <i>Geoff Bagshaw</i> | 1:30-2:20 BA * True Barre: Bala Bangle <i>Krystina Kodesh</i> | 12:30-1:15 BR * Rounds: Boxing <i>Luke Sykes</i> | | 11:15-12:00 MS * Lower Body Blast <i>Geoff Bagshaw</i> |
| 3:30-4:15 MS * MetCon Monday <i>Donny Watson</i> | 1:30-2:30 YS * Yin Yoga (Heated) <i>Matt Caza</i> | 4:00-5:00 YS * Vinyasa Yoga <i>Christie Baumgartner</i> | 3:30-4:00 MS * Quick HIIT <i>Shaiful Zakaria</i> | 12:30-1:00 MS * Best Abs Ever <i>Geoff Bagshaw</i> | 11:45-12:45 YS * Vinyasa Yoga (Heated) <i>Matt Caza</i> | 12:15-1:15 YS * Vinyasa Yoga <i>Todd Randall</i> |
| 4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Sasha Smith</i> | 3:30-4:15 MS * Core6 <i>Toni Nielsen</i> | 4:45-5:35 BA * True Barre <i>Carolyn Cheung</i> | 4:00-4:30 MS * Best Butt Ever <i>Shaiful Zakaria</i> | 2:00-2:50 BA * Pilates at the Barre <i>Zachary Fiorido</i> | 1:15-2:15 YS * Vinyasa Yoga <i>Todd Randall</i> | 5:00-6:00 YS * Vinyasa Yoga (Heated) <i>Emma Colling</i> |
| 4:45-5:35 BA * True Barre <i>Davi Teixeira</i> | 4:00-4:45 YS * Pilates Fusion <i>Krystina Kodesh</i> | 5:00-5:45 MS * Stronger <i>Shaiful Zakaria</i> | 4:00-4:30 MS * Pilates Fusion <i>Toni Nielsen</i> | 3:00-3:45 MS * Cardio Sculpt <i>Zachary Fiorido</i> | 1:30-2:15 MS * Athletic Conditioning <i>Donny Watson</i> | |
| 5:00-5:50 MS * Whipped! <i>Geoff Bagshaw</i> | 4:45-5:35 BA * True Barre: Cardio <i>Toni Nielsen</i> | 5:15-5:45 TR * Precision Run 30 <i>Zachary Fiorido</i> | 5:10-6:00 MS * Ropes and Rowers <i>Geoff Bagshaw</i> | 4:00-4:50 BA * Pilates at the Barre <i>Toni Nielsen</i> | 4:00-4:45 MS * MetCon3 <i>Jhomas Suyom</i> | |
| 5:15-6:00 CS * Beats Ride <i>Monique Blythe</i> | 5:00-5:45 MS * MetCon3 <i>Sara Cathcart</i> | 5:30-6:15 BR * Rounds: Boxing <i>Kelly Dunlop</i> | 5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Matt Caza</i> | 4:00-5:00 YS * Yin Yoga <i>Mandi Von Alkier</i> | 5:00-6:00 YS * Vinyasa Yoga (Heated) <i>Josh Chen</i> | |
| 5:30-6:15 TR * Precision Run® <i>Zachary Fiorido</i> | 5:15-6:00 YS * Pilates Fusion <i>Krystina Kodesh</i> | 5:45-6:30 CS * Beats Ride <i>Davi Teixeira</i> | 5:30-6:15 CS * Beats Ride <i>Zachary Fiorido</i> | 5:00-5:45 MS * Rhythmic Sculpt <i>Toni Nielsen</i> | | |
| 5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Emma Colling</i> | 5:30-6:15 CS * Beats Ride <i>Angela Straker</i> | 5:45-6:30 YS * Pilates Fusion <i>Krystina Kodesh</i> | 5:45-6:35 BA * Pilates Rise <i>Davi Teixeira</i> | 5:45-6:35 BA * True Barre: Bala Bangle <i>Davi Teixeira</i> | | |
| 6:00-6:50 BA * Pilates Rise <i>Davi Teixeira</i> | 5:45-6:30 BR * Rounds: Boxing <i>Donny Watson</i> | 6:00-6:50 BA * Pilates at the Barre <i>Zachary Fiorido</i> | 5:45-6:30 BR * Rounds: Boxing <i>David Kim-Mackinnon</i> | 5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Christie Baumgartner</i> | | |
| 6:15-7:00 MS * Circuit Training <i>Alex Jack</i> | 6:00-6:45 TR * Precision Run® <i>Zachary Fiorido</i> | 6:15-7:00 MS * Core6 <i>Shaiful Zakaria</i> | 6:30-7:00 MS * Best Butt Ever <i>Zachary Fiorido</i> | 6:15-7:00 MS * Stacked <i>Donny Watson</i> | | |
| 6:30-7:15 CS * Beats + Bands Ride <i>Zachary Fiorido</i> | 6:30-7:15 MS * Body Sculpt <i>Angela Straker</i> | 6:30-7:15 BR * Rounds: Boxing <i>Kelly Dunlop</i> | 6:45-7:30 BR * Rounds: Boxing <i>David Kim-Mackinnon</i> | | | |
| 7:15-8:15 YS * Vinyasa Yoga <i>Yadu Baznath</i> | 6:45-7:30 BR * Rounds: Boxing <i>Donny Watson</i> | 7:00-8:15 YS * Yin Yoga (Heated) <i>Christie Baumgartner</i> | 6:45-7:45 YS * Vinyasa Yoga <i>Yadu Baznath</i> | | | |
| 7:30-8:15 MS * Studio Dance: Hip Hop <i>Cara Lee Hrdlitschka</i> | 6:45-7:45 YS * Vinyasa Yoga <i>Connor Roff</i> | 7:30-8:15 MS * Stacked <i>Donny Watson</i> | 7:00-7:50 BA * Pilates at the Barre <i>Davi Teixeira</i> | | | |
| | 7:00-7:50 BA * True Barre <i>Zachary Fiorido</i> | | 7:00-7:30 MS * Best Abs Ever <i>Zachary Fiorido</i> | | | |
| | 7:45-8:30 MS * Stronger <i>Shaiful Zakaria</i> | | | | | |

EQUINOX

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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

GROUP FITNESS MANAGER

geoff.bagshaw@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre 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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

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 + 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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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.



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.

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.



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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

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.

True Barre: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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 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.



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: 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

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.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. 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.

Limited Series: Stronger Women Introducing 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.

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.