EQUINOX **WEST GEORGIA STREET**

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

6:00-6:50 MS *	Ropes and Rowers *Geoff Bagshaw*
6:15-7:00 CS *	Beats Ride *Monique Blythe*
6:15-7:00 TR *	Precision Run + Strength *Zachary Fioridо*
7:00-7:50 YS *	Hatha Yoga *Mandi Von Alkier*
7:30-8:15 MS *	Stronger *Zachary Fioridо*
8:00-8:50 BA *	True Barre *Mandi Von Alkier*
9:15-10:00 YS *	Pilates Fusion *Carolyn Cheung*
10:30-11:20 BA *	True Barre *Carolyn Cheung*
12:00-12:45 MS *	Body Sculpt *Geoff Bagshaw*
12:15-1:15 YS *	Vinyasa Yoga *Christie Baumgartner*
12:45-1:00 MS *	Best Abs Ever *Geoff Bagshaw*
1:30-2:15 MS *	Athletic Conditioning *Josie Norburn*
3:30-4:15 MS *	MetCon Monday *Donny Watson*
4:00-5:00 YS *	Vinyasa Yoga (Heated) *Sasha Smith*
4:45-5:35 BA *	True Barre *Davi Teixeira*
5:00-5:50 MS *	Whipped! *Geoff Bagshaw*
5:15-6:00 CS *	Beats Ride *Monique Blythe*
5:30-6:15 TR *	Precision Run® *Zachary Fioridо*
5:30-6:30 YS *	Vinyasa Yoga (Heated) *Emma Colling*
6:00-6:50 BA *	Pilates Rise *Davi Teixeira*
6:15-7:00 MS *	Circuit Training *Alex Jack*
6:30-7:15 BR *	Rounds: Boxing *Jose Zaragosa*
6:30-7:15 CS *	Beats + Bands Ride *Zachary Fioridо*
7:00-8:00 YS *	Yin Yoga (Heated) *Davi Teixeira*
7:30-8:15 MS *	Studio Dance: Hip Hop *Cara Lee Hrdlitschka*

TUESDAY

6:15-7:00 MS *	Body Sculpt *Zachary Fioridо*
6:30-7:15 BR *	Rounds: Boxing *Luke Sykes*
7:00-7:45 CS *	Precision Ride *Maxwell Lattimer*
7:00-7:45 YS *	Pilates Fusion *Hadis Kiani*
7:15-8:05 BA *	True Barre *Zachary Fioridо*
7:30-8:15 MS *	Athletic Conditioning *Luke Sykes*
9:15-9:45 MS *	Upper Body Pump *Shaiful Zakaria*
9:45-10:15 MS *	Best Abs Ever *Shaiful Zakaria*
10:30-11:30 YS *	Vinyasa Yoga *Christie Baumgartner*
12:00-12:45 YS *	Pilates Fusion *Sara Allen*
12:10-1:00 MS *	Whipped! *Shaiful Zakaria*
1:00-1:45 CS *	Beats + Bands Ride *Jennifer Wick*
1:30-2:30 YS *	Yin Yoga (Heated) *Matt Caza*
3:15-4:00 MS *	Leg Day *Toni Nielsen*
4:00-4:45 YS *	Pilates Fusion *Krystina Kodesh*
4:45-5:35 BA *	True Barre: Bala Bangle *Toni Nielsen*
5:00-5:45 MS *	MetCon3 *Sara Cathcart*
5:15-6:00 YS *	Pilates Fusion *Krystina Kodesh*
5:30-6:15 CS *	Beats Ride *Angela Straker*
5:45-6:30 BR *	Rounds: Boxing *Donny Watson*
5:45-6:00 MS *	Best Abs Ever *Sara Cathcart*
6:00-6:45 TR *	Precision Run + Strength *Zachary Fioridо*
6:30-7:15 MS *	Cardio Sculpt *Angela Straker*
6:45-7:30 BR *	Rounds: Boxing *Donny Watson*
6:45-7:45 YS *	Vinyasa Yoga *Connor Roff*
7:00-7:50 BA *	True Barre *Zachary Fioridо*
7:30-8:15 MS *	Stronger *Shaiful Zakaria*

WEDNESDAY

6:00-6:45 MS *	Leg Day *Luke Sykes*
6:15-7:00 CS *	Beats Ride *Monique Blythe*
7:00-7:50 YS *	Hatha Yoga *Mandi Von Alkier*
7:30-8:15 MS *	MetCon3 *Luke Sykes*
8:00-8:50 BA *	True Barre *Mandi Von Alkier*
9:15-10:00 MS *	Cardio Sculpt *Geoff Bagshaw*
10:15-11:15 YS *	Vinyasa Yoga *Emma Colling*
11:45-12:35 BA *	Pilates at the Barre *Carolyn Cheung*
12:00-12:45 MS *	Circuit Training *Alex Jack*
1:00-2:00 YS *	Vinyasa Yoga *Krystina Kodesh*
1:30-2:15 MS *	Stronger *Shaiful Zakaria*
3:15-4:00 MS *	Body Sculpt *Geoff Bagshaw*
4:00-5:00 YS *	Vinyasa Yoga *Christie Baumgartner*
4:45-5:35 BA *	**True Barre** ***Cara Lee Hrdlitschka***
5:00-5:45 MS *	Stronger *Shaiful Zakaria*
5:15-5:45 TR *	Precision Run 30 *Zachary Fioridо*
5:30-6:15 BR *	Rounds: Boxing *Shoyan Wright*
5:45-6:30 CS *	Beats Ride *Davi Teixeira*
5:45-6:30 YS *	Pilates Fusion *Krystina Kodesh*
6:00-6:50 BA *	Pilates at the Barre *Zachary Fioridо*
6:15-7:00 MS *	Circuit Training *Shaiful Zakaria*
7:00-8:15 YS *	Yin Yoga (Heated) *Christie Baumgartner*
7:30-8:15 MS *	Stacked *Donny Watson*

THURSDAY

6:00-6:45 MS *	Stronger *Luke Sykes*
6:00-6:45 TR *	Precision Walk: Elevate *Zachary Fioridо*
7:00-7:45 CS *	Beats Ride *Shaiful Zakaria*
7:00-8:00 YS *	Vinyasa Yoga (Heated) *Krystina Kodesh*
7:15-8:05 BA *	Pilates at the Barre *Zachary Fioridо*
7:30-8:20 MS *	Whipped! *Luke Sykes*
9:15-10:00 MS *	Core6 *Shaiful Zakaria*
10:30-11:30 YS *	Vinyasa Yoga *Marcus Tong*
12:00-12:45 YS *	Pilates Fusion *Krystina Kodesh*
12:10-12:55 MS *	Stacked *Shaiful Zakaria*
1:00-1:45 CS *	Beats Ride *Zachary Fioridо*
1:30-2:15 BA *	Barefoot Sculpt *Krystina Kodesh*
3:30-4:00 MS *	**Core6 Express** ***Shaiful Zakaria***
4:00-4:30 MS *	**Leg Day 30** ***Shaiful Zakaria***
4:00-4:45 YS *	Pilates Fusion *Toni Nielsen*
4:45-5:35 BA *	**True Barre: Bala Bangle** ***Davi Teixeira***
5:15-6:00 MS *	Stacked *Allan Wu*
5:15-6:15 YS *	Vinyasa Yoga (Heated) *Matt Caza*
5:30-6:15 CS *	Beats Ride *Zachary Fioridо*
5:45-6:30 BR *	Rounds: Boxing *Kiwi A*
6:00-6:45 BA *	**Barefoot Sculpt: The Ring** ***Davi Teixeira***
6:30-7:00 MS *	Best Butt Ever *Zachary Fioridо*
6:45-7:45 YS *	Vinyasa Yoga *Kristi Albernaz*
7:00-7:30 MS *	Best Abs Ever *Zachary Fioridо*
7:15-8:05 BA *	Pilates at the Barre *Davi Teixeira*

FRIDAY

6:00-6:45 BR *	Rounds: Boxing *Luke Sykes*
6:00-6:45 MS *	**Stacked** ***Jhomar Suyom***
6:30-7:15 BA *	Barefoot Sculpt *Zachary Fioridо*
7:00-7:45 TR *	Precision Run® *Luke Sykes*
7:00-7:50 YS *	Vinyasa Yoga *Marcus Tong*
7:30-8:15 MS *	Stronger *Zachary Fioridо*
9:15-10:00 MS *	Stronger Women *Sara Cathcart*
10:15-11:15 YS *	Vinyasa Yoga (Heated) *Mari Dickey*
11:45-12:30 BA *	**Barefoot Sculpt** ***Taylor Mackay***
12:00-12:30 MS *	Best Butt Ever *Geoff Bagshaw*
12:15-1:15 YS *	Vinyasa Yoga *Kristi Albernaz*
12:30-1:15 BR *	Rounds: Boxing *Luke Sykes*
12:30-1:00 MS *	Best Abs Ever *Geoff Bagshaw*
2:00-2:50 BA *	Pilates at the Barre *Zachary Fioridо*
3:00-3:30 MS *	Upper Body Pump *Zachary Fioridо*
3:30-4:15 MS *	Cardio Sculpt *Zachary Fioridо*
4:00-4:50 BA *	Pilates at the Barre *Toni Nielsen*
4:00-5:00 YS *	Yin Yoga *Mandi Von Alkier*
5:00-5:45 MS *	Body Sculpt *Toni Nielsen*
5:30-6:15 BR *	Rounds: Boxing *Calvin Carbonell*
5:45-6:35 BA *	True Barre: Bala Bangle *Davi Teixeira*
5:45-6:45 YS *	Vinyasa Yoga (Heated) *Christie Baumgartner*
6:15-7:00 MS *	Stacked *Donny Watson*

SATURDAY

8:45-9:30 BA *	**Barefoot Sculpt: The Ring** ***Toni Nielsen***
9:00-9:45 MS *	Stacked *Jennifer Wick*
9:00-9:45 YS *	Pilates Fusion (Heated) *Davi Teixeira*
9:15-10:00 CS *	Beats Ride *Monique Blythe*
9:15-10:00 TR *	Precision Run® *Sara Cathcart*
10:00-10:50 BA *	True Barre *Taylor Mackay*
10:00-10:45 BR *	Rounds: Boxing *Donny Watson*
10:15-11:15 YS *	Sculpted Yoga™ *Davi Teixeira*
10:30-11:00 MS *	Upper Body Pump *Geoff Bagshaw*
11:00-11:45 CS *	Beats Ride *Aida Mohajeri*
11:00-11:30 MS *	Best Abs Ever *Geoff Bagshaw*
11:15-12:00 BR *	Rounds: Boxing *Donny Watson*
11:45-12:45 YS *	Yin Yoga *Matt Caza*
12:00-12:50 MS *	Cardio Sculpt *Geoff Bagshaw*
1:15-2:15 YS *	Vinyasa Yoga *Todd Randall*
1:30-2:15 MS *	Athletic Conditioning *Donny Watson*
4:00-4:45 MS *	Stronger *Jhomar Suyom*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Josh Chen*

SUNDAY

8:15-9:00 MS *	Body Sculpt *Geoff Bagshaw*
8:30-9:20 BA *	True Barre *Toni Nielsen*
8:30-9:00 TR *	Precision Run 30 *Liz Jacobs*
9:05-10:05 YS *	Weekend Wind Down Yoga *Marcus Tong*
9:15-10:00 CS *	Beats Ride *Team Equinox*
9:45-10:35 BA *	True Barre: Cardio *Toni Nielsen*
9:45-10:30 MS *	MetCon3 *Jhomar Suyom*
10:30-11:15 BR *	Rounds: Boxing *Kiwi A*
10:45-11:45 YS *	Vinyasa Yoga *Marcus Tong*
11:00-11:50 BA *	Pilates at the Barre *Sydney Carlson*
11:15-12:00 MS *	Best Butt Ever *Geoff Bagshaw*
12:15-1:15 YS *	Vinyasa Yoga *Todd Randall*
4:00-4:45 MS *	Stacked *Felix Hui*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Emma Colling*

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

EQUINOX

WEST GEORGIA STREET

1131 West Georgia Street

VANCOUVER V6E 4G2

EQUINOX.COM

@EQUINOX

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.

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.

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.

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 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.

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.

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, 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.
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.

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.

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.
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.