EQUINOX

KENSINGTON

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

6:45-7:35 MS *	**Stronger** ***Hendrick Famutimi***
7:00-7:45 CS *	Beats Ride *Ryan Dixon*
7:15-8:00 YS *	Pilates Mat *Lucy Borrie*
9:15-10:00 YS *	Pilates Fusion *Michelle Morrey*
9:30-10:20 MS *	Stronger Women *Lucy Borrie*
10:20-11:20 YS *	Vinyasa Yoga *Antonia Reed-Felstead*
10:30-11:15 TR *	Precision Run® *Bethany Thomson*
11:30-12:15 YS *	Pilates Mat *Charlotte Alloway*
12:15-12:45 MS *	Quick HIIT *Hugo Diez*
12:30-1:15 YS *	Barefoot Sculpt *Mani Sidhu*
12:45-1:15 MS *	Best Butt Ever *Hugo Diez*
3:00-3:50 YS *	Pilates at the Barre *Gareth Moran*
6:00-7:00 YS *	Vinyasa Yoga *Wen D*
6:15-7:00 MS *	Kettlebell Power *Alex Rennie*
6:45-7:45 BR *	Rounds: Kickboxing *Richie Edwards*
7:15-8:00 YS *	True Barre *Eian Crockatt*

TUESDAY

6:30-7:15 MS *	Athletic Conditioning *Alex Rennie*
7:15-8:05 YS *	Sculpted Yoga™ *Amanda Helms*
7:30-8:15 MS *	Kettlebell Power *Alex Rennie*
7:30-8:15 TR *	Precision Run® *Justin Reid-Simms*
9:15-10:15 YS *	Vinyasa Yoga *Antonia Reed-Felstead*
9:30-10:15 CS *	**Beats Ride** ***Tania Russell***
9:30-10:15 MS *	**Cardio Sculpt** ***Aaron Sweeney-Harris***
10:30-11:20 YS *	Pilates Rise *Jordan Stanford*
12:00-1:00 YS *	Vinyasa Yoga *Marcia Sharp*
12:15-1:05 MS *	EQX3 *Alex Rennie*
1:15-2:00 YS *	Barefoot Sculpt: The Ring *Christina Bennington*
6:00-6:45 YS *	Pilates Mat *Abigail Sakari*
6:15-7:00 MS *	**MetCon3** ***Hendrick Famutimi***
6:45-7:45 BR *	Rounds: Boxing *Robert Lynch*
7:00-8:00 YS *	Yin Yoga (Heated) *Diego Melo*
7:15-7:45 MS *	**Quick HIIT** ***Ryan Dixon***
8:05-8:35 YS *	Sound Meditation *Diego Melo*

WEDNESDAY

6:30-7:15 MS *	**Kettlebell Power** ***Hugo Diez***
7:00-7:45 CS *	Beats Ride *Dan Morris*
7:30-8:00 TR *	**Precision Run 30** ***Ryan Dixon***
7:50-8:20 MS *	Best Butt Ever *Hugo Diez*
8:20-8:50 MS *	Core6 Express *Hugo Diez*
9:15-10:05 YS *	Pilates at the Barre *Michelle Morrey*
9:30-10:20 MS *	Stronger *Hendrick Famutimi*
10:20-11:20 YS *	Vinyasa Yoga *Salvo Santagata*
10:30-11:00 TR *	Precision Run 30 *Nicky Lopez*
11:00-11:30 TR *	Best Abs Ever *Nicky Lopez*
11:30-12:15 YS *	True Barre *Charlotte Alloway*
12:15-1:15 MS *	Cardio Sculpt *Hugo Diez*
12:30-1:15 YS *	Pilates Mat *Athina Lazaridou*
1:30-2:30 YS *	**Yin Yoga** ***Sabrina Rueber***
5:45-6:45 YS *	Pilates at the Barre *Gareth Moran*
6:15-7:00 MS *	Body Sculpt *Ryan Dixon*
6:45-7:45 BR *	Rounds: Bags and Mitts *Richie Edwards*
7:00-8:00 YS *	Vinyasa Yoga *Sabrina Rueber*

THURSDAY

6:30-7:15 MS *	Stacked *Ryan Dixon*
7:15-8:00 YS *	True Barre *Mani Sidhu*
7:30-8:15 BR *	TRX Max *Ryan Dixon*
9:30-10:15 CS *	Beats Ride *Vitor Metzker Fernandes*
9:30-10:15 MS *	Body Sculpt *Layton Taylor*
10:30-11:00 TR *	Precision Run 30 *Bethany Thomson*
10:30-11:20 YS *	Pilates Fusion *Eian Crockatt*
11:00-11:15 TR *	**Best Abs Ever** ***Bethany Thomson***
12:00-1:00 YS *	Power Vinyasa *Echo Elliott*
12:15-1:05 MS *	**Stronger Women** ***Bethany Thomson***
1:15-2:00 YS *	Barefoot Sculpt: The Ring *Ryan Dixon*
5:45-6:30 YS *	Pilates Mat *Agneta Lindberg*
6:15-7:05 MS *	**Stronger** ***Jesse Douglas Smith***
6:45-7:45 BR *	Rounds: Boxing *Leo Mercurio*
6:45-7:45 YS *	Vinyasa Yoga *Faisal Khan*

FRIDAY

7:15-8:00 MS *	Athletic Conditioning *Johnny Fountoulakis*
8:15-8:45 MS *	Upper Body Pump *Johnny Fountoulakis*
8:15-9:00 YS *	**Barefoot Sculpt** ***Mani Sidhu***
8:45-9:15 MS *	Best Abs Ever *Johnny Fountoulakis*
9:15-10:05 YS *	**Pilates Mat** ***Michelle Morrey***
9:30-10:15 MS *	Best Butt Ever *Ryan Dixon*
10:15-11:00 TR *	Precision Run® *Justin Reid-Simms*
10:30-11:30 YS *	Vinyasa Yoga *Amanda Helms*
12:15-1:15 BR *	Rounds: Boxing *Robert Lynch*
12:15-1:00 MS *	**Body Sculpt** ***Nicky Lopez***
12:15-1:00 YS *	True Barre *Gareth Moran*
1:30-2:30 YS *	**Yin Yoga** ***Ferdi Skoberla***
5:15-6:00 YS *	Pilates Fusion *Jordan Stanford*
5:45-6:30 MS *	Athletic Conditioning *Hugo Diez*
6:30-7:00 MS *	**Core6 Express** ***Hugo Diez***

SATURDAY

8:30-9:15 MS *	Athletic Conditioning *Hendrick Famutimi*
8:45-9:30 TR *	Precision Walk: Elevate + Strength *Tania Russell*
9:00-9:45 YS *	**Pilates Fusion** ***Jordan Stanford***
9:30-10:15 MS *	Stronger *Hendrick Famutimi*
9:45-10:30 CS *	Beats Ride *Tania Russell*
9:45-10:30 TR *	Precision Run® *Nicky Lopez*
10:00-11:00 BR *	Rounds: Boxing *Robert Lynch*
10:20-11:10 YS *	Sculpted Yoga™ *Jordan Stanford*
10:30-11:15 MS *	EQX3 *Ryan Dixon*
11:30-12:30 BR *	Rounds: Kickboxing *Robert Lynch*
11:30-12:00 MS *	Cardio Dance *Lucy Borrie*
11:30-12:15 YS *	**Barefoot Sculpt: The Ring** ***Eian Crockatt***
12:15-1:00 MS *	Leg Day *Hugo Diez*
12:30-1:20 YS *	Pilates at the Barre *Niall Morris*
1:00-1:30 MS *	**Core6 Express** ***Hugo Diez***
1:45-2:15 YS *	**Athletic Stretch** ***Kimy Ammerman***
4:00-5:00 YS *	**Weekend Wind Down Yoga** ***Ferdi Skoberla***
5:05-5:50 YS *	**Sound Meditation (Heated)** ***Ferdi Skoberla***

SUNDAY

9:00-9:45 MS *	**Circuit Training** ***Ryan Dixon***
9:00-10:00 YS *	Power Vinyasa *Antonia Reed-Felstead*
10:00-10:45 MS *	**Stacked** ***Hugo Diez***
10:15-11:15 BR *	Rounds: Boxing *Robert Lynch*
10:30-11:15 CS *	Beats Ride *Nicky Lopez*
10:30-11:15 YS *	Pilates Mat *Agneta Lindberg*
11:00-11:30 MS *	Body Sculpt *Hugo Diez*
11:30-12:00 MS *	**Best Abs Ever** ***Hugo Diez***
11:30-12:15 TR *	Precision Run® *Nicky Lopez*
12:00-12:30 MS *	Best Butt Ever *Hugo Diez*
12:30-1:15 YS *	True Barre *Mani Sidhu*
1:20-1:50 YS *	**Athletic Stretch** ***Mani Sidhu***
5:15-6:15 YS *	Vinyasa Yoga *Antonia Reed-Felstead*

EQUINOX

KENSINGTON

99 Kensington High Street

LONDON W85SA

EQUINOX.COM

@EQUINOX

MON-THU 06:00 AM 10:00 PM

FRI 06:00 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

ryan.dixon@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga 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 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.

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.
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.

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.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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.
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.
Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.
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 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 + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.

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 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.
EQX3 Build strength, engine, and resilience under fatigue. Combining progressive strength work with machine intervals, carries, lunges, functional conditioning, and athletic movement patterns, EQX3 develops the physical and mental capacity needed for modern race-style fitness challenges.
Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.
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.
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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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.
Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.