

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|---|
| 6:45-7:35 MS * Stronger <i>Hendrick Famutimi</i> | 6:30-7:15 MS * Tabata Max <i>Alex Rennie</i> | 6:45-7:35 MS * Stronger <i>Hendrick Famutimi</i> | 6:30-7:15 MS * MetCon3 <i>Johnny Fountoulakis</i> | 7:15-8:00 MS * Athletic Conditioning <i>Johnny Fountoulakis</i> | 8:30-9:15 MS * Kettlebell Power <i>Hendrick Famutimi</i> | 9:00-10:00 YS * Power Vinyasa <i>Antonia Reed-Felstead</i> |
| 7:15-8:05 YS * Pilates Rise <i>Rosalia Panepinto</i> | 7:15-8:00 YS * True Barre: Cardio <i>Amanda Helms</i> | 7:00-7:45 CS * Beats Ride <i>Dan Morris</i> | 7:15-8:00 YS * True Barre <i>Mani Sidhu</i> | 7:45-8:30 YS * Pilates Mat <i>Annie James</i> | 9:15-10:00 YS * Pilates Mat <i>Rosalia Panepinto</i> | 9:30-10:15 MS * Stacked <i>Hugo Diez</i> |
| 9:15-10:00 YS * True Barre <i>Michelle Morrey</i> | 7:30-8:15 MS * Kettlebell Power <i>Alex Rennie</i> | 7:15-8:05 YS * Power Vinyasa <i>El Wilder</i> | 7:30-8:15 MS * Stronger <i>Johnny Fountoulakis</i> | 9:20-10:05 MS * MetCon3 <i>Johnny Fountoulakis</i> | 9:30-10:20 CS * Beats Ride <i>Tania Russell</i> | 10:15-11:15 BR * Rounds: Boxing <i>Robert Lynch</i> |
| 9:30-10:15 CS * Beats Ride <i>Nicky Lopez</i> | 7:30-8:20 TR * Precision Run@ <i>Justin Reid-Simms</i> | 7:30-8:20 TR * Precision Run@ <i>Deena Pierce</i> | 9:15-10:15 YS * Power Vinyasa <i>Paul Aziz</i> | 9:30-10:15 YS * True Barre <i>Michelle Morrey</i> | 9:30-10:20 MS * Stronger <i>Hendrick Famutimi</i> | 10:30-11:15 CS * Beats Ride <i>Nicky Lopez</i> |
| 9:30-10:15 MS * Limited Series: Stronger Women <i>Natalie Hope</i> | 9:15-10:15 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i> | 7:45-8:30 MS * Best Butt Ever <i>Hugo Diez</i> | 9:30-10:15 CS * THEME RIDE: <i>Vitor Metzker</i> <i>Fernandes</i> | 10:15-11:00 MS * Best Butt Ever <i>Bethany Thomson</i> | 9:45-10:35 TR * Precision Run@ <i>Nicky Lopez</i> | 10:30-11:15 YS * Pilates Mat <i>Hannah Butler</i> |
| 10:20-11:10 TR * Precision Run@ <i>Bethany Thomson</i> | 9:30-10:15 CS * Beats Ride <i>Tania Russell</i> | 9:15-10:05 YS * Pilates at the Barre <i>Michelle Morrey</i> | 9:30-10:20 MS * Stacked <i>Layton Taylor</i> | 10:15-11:05 TR * Precision Run@ <i>Justin Reid-Simms</i> | 10:00-11:00 BR * Rounds: Boxing <i>Robert Lynch</i> | 11:00-11:30 MS * Body Sculpt <i>Hugo Diez</i> |
| 10:20-11:20 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i> | 9:30-10:15 MS * Athletic Conditioning <i>Natalie Hope</i> | 9:30-10:15 MS * Stronger <i>Hendrick Famutimi</i> | 10:20-10:50 TR * Precision Run 30 <i>Bethany Thomson</i> | 10:30-11:30 YS * Vinyasa Yoga <i>Amanda Helms</i> | 10:20-11:20 YS * Sculpted Yoga™ <i>Jordan Stanford</i> | |
| | 10:30-11:20 YS * Pilates Rise <i>Natalie Hope</i> | 10:20-10:50 TR * Precision Run 30 <i>Nicky Lopez</i> | 10:30-11:20 YS * Pilates Fusion <i>Eian Crockett</i> | | 10:30-11:15 MS * Core6 <i>Tania Russell</i> | 11:30-12:00 MS * Best Abs Ever <i>Hugo Diez</i> |
| 11:30-12:15 YS * Pilates Mat <i>Charlotte Alloway</i> | 12:00-1:00 YS * Vinyasa Yoga <i>Marcia Sharp</i> | 10:55-11:25 TR * Best Abs Ever <i>Nicky Lopez</i> | 12:00-1:00 YS * Power Vinyasa <i>Christian Coelho</i> | 12:15-1:15 BR * Rounds: Boxing <i>Robert Lynch</i> | 11:15-12:00 TR * Precision Run + Strength <i>Alex Rennie</i> | 12:00-12:30 MS * Best Butt Ever <i>Hugo Diez</i> |
| 12:15-1:00 MS * Athletic Conditioning <i>Hugo Diez</i> | 12:15-1:05 MS * EQX3 <i>Natalie Hope Alex Rennie</i> | 11:30-12:15 YS * True Barre <i>Cian Hughes</i> | 12:15-1:05 MS * EQX3 <i>Natalie Hope Bethany Thomson</i> | 12:30-1:20 MS * Stronger <i>Vitor Metzker</i> <i>Fernandes</i> | 11:30-12:30 BR * Rounds: Kickboxing <i>Robert Lynch</i> | 12:30-1:15 YS * True Barre <i>Mani Sidhu</i> |
| 12:30-1:15 YS * True Barre <i>Mani Sidhu</i> | 1:15-2:00 YS * Barefoot Sculpt <i>Jen Kehoe</i> | 12:15-1:15 MS * Cardio Sculpt <i>Hugo Diez</i> | 1:15-2:00 YS * Barefoot Sculpt <i>Natalie Hope</i> | 1:20-2:20 YS * Yin Yoga <i>Ferdi Skoberla</i> | 11:30-12:15 YS * True Barre: Cardio <i>Amanda Helms</i> | 1:30-2:30 YS * Pilates at the Barre <i>Annie James</i> |
| 1:00-1:15 MS * Best Abs Ever <i>Hugo Diez</i> | 5:45-6:45 YS * Pilates at the Barre <i>Rosalia Panepinto</i> | 12:30-1:15 YS * Pilates Mat <i>Athina Lazaridou</i> | 3:00-3:50 YS * Pilates at the Barre <i>Annie James</i> | 5:15-6:00 YS * Pilates Fusion <i>Jordan Stanford</i> | 12:00-12:30 MS * Quick HIIT <i>Hugo Diez</i> | 5:15-6:15 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i> |
| 1:30-2:30 YS * Vinyasa Yoga <i>Adam Husler</i> | 6:15-7:00 MS * MetCon3 <i>Hendrick Famutimi</i> | 1:30-2:30 YS * Vinyasa Yoga <i>Luiz Madalena</i> | 5:45-6:30 YS * Pilates Mat <i>Michelle Morrey</i> | 5:45-6:30 MS * Tabata Max <i>Hugo Diez</i> | 12:30-1:00 MS * Best Butt Ever <i>Hugo Diez</i> | |
| 3:00-3:50 YS * Pilates at the Barre <i>Gareth Moran</i> | 6:30-7:30 BR * Rounds: Boxing <i>Robert Lynch</i> | 6:00-7:00 BR * Rounds: Kickboxing <i>Jay Revan</i> | 6:15-7:00 MS * Stacked <i>Natalie Hope</i> | 6:15-7:15 YS * Weekend Wind Down Yoga <i>Jordan Stanford</i> | 12:30-1:30 YS * Pilates at the Barre <i>Niall Morris</i> | |
| 6:00-6:45 MS * Kettlebell Power <i>Alex Rennie</i> | 6:30-7:00 CS * Beats Ride 30 <i>Ellie Rhodes</i> | 6:00-6:45 YS * Pilates Mat <i>Jo-leigh Morris</i> | 6:30-7:30 BR * Rounds: Boxing <i>Leo Mercurio</i> | | 1:45-3:00 YS * Vinyasa Yoga <i>Luiz Madalena</i> | |
| 6:00-7:00 YS * Vinyasa Yoga <i>Mira Khreino</i> | 7:00-8:00 YS * Yin Yoga (Heated) <i>Diego Melo</i> | 6:15-7:00 MS * Body Sculpt <i>Natalie Hope</i> | 7:00-8:00 YS * Vinyasa Yoga <i>Daniela Olds</i> | | 3:45-4:45 YS * Weekend Wind Down Yoga (Heated) <i>Ferdi Skoberla</i> | |
| 6:30-7:30 BR * Rounds: Kickboxing <i>Richie Edwards</i> | 7:05-7:35 TR * Precision Run 30 <i>Ellie Rhodes</i> | 7:00-8:00 YS * Vinyasa Yoga <i>Echo Elliott</i> | 7:15-8:00 MS * Stronger <i>Hendrick Famutimi</i> | | 4:50-5:35 YS * Sound Meditation (Heated) <i>Ferdi Skoberla</i> | |
| 7:00-7:50 MS * 360 Strength <i>Alex Rennie</i> | 7:15-8:00 MS * Core6 <i>Hugo Diez</i> | 7:15-8:00 MS * Athletic Conditioning <i>Jay Revan</i> | 8:05-8:35 YS * Sound Meditation <i>Daniela Olds</i> | | | |
| 7:15-8:00 YS * True Barre <i>Eian Crockett</i> | 8:05-8:35 YS * Sound Meditation <i>Diego Melo</i> | | | | | |
| 8:15-9:00 YS * Vinyasa Yoga <i>Jen Kehoe</i> | | | | | | |

EQUINOX

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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

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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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

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.



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.



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.



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.

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.

EQX3 Test your fitness, fire up your metabolism and target every muscle group. Work through three pillars (strength, stamina & speed) in this circuit-based class. 3x the work, the sweat, the result. The most intense workout London has to offer. EQX3 the formula for success.

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.

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.



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: 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 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.



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.

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.



Regeneration

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.

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.



Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.