

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>	6:45-7:30 MS * Kettlebell Power <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 * Athletic Conditioning <i>Hendrick Famutimi</i>	9:00-10:00 YS * Power Vinyasa <i>Antonia Reed-Felstead</i>
7:15-8:00 YS * True Barre: Cardio <i>Lucy Borrie</i>	7:15-8:00 YS * Barefoot Sculpt <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>	8:00-8:45 YS * <b>Pilates Mat</b> <b>Annie James</b>	9:15-10:00 YS * Pilates Mat <i>Jordan Stanford</i>	9:30-10:15 MS * Stacked <i>Hugo Diez</i>
7:45-8:15 TR * Precision Run 30 <i>Hendrick Famutimi</i>	7:30-8:15 MS * Kettlebell Power <i>Alex Rennie</i>	7:30-8:15 TR * Precision Run® <i>Deena Pierce</i>	7:30-8:15 BR * TRX Max <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>
8:30-9:00 YS * Best Butt Ever <i>Michelle Morrey</i>	7:30-8:15 TR * Precision Run® <i>Justin Reid-Simms</i>	7:45-8:30 MS * Best Butt Ever <i>Hugo Diez</i>	9:15-10:15 YS * Power Vinyasa <i>Paul Aziz</i>	9:30-10:15 YS * True Barre <i>Michelle Morrey</i>	9:30-10:15 MS * Stronger <i>Hendrick Famutimi</i>	10:30-11:15 CS * Beats Ride <i>Nicky Lopez</i>
9:15-10:00 YS * <b>Pilates Fusion</b> <b>Michelle Morrey</b>	9:15-10:15 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i>	8:30-8:45 MS * <b>Best Abs Ever</b> <b>Hugo Diez</b>	9:30-10:15 CS * THEME RIDE: <i>Vitor Metzker Fernandes</i>	10:15-11:00 MS * Best Butt Ever <i>Vicky Sawyer</i>	9:45-10:30 TR * Precision Run® <i>Nicky Lopez</i>	10:30-11:15 YS * Pilates Mat <i>Hannah Butler</i>
9:30-10:15 CS * Beats Ride <i>Nicky Lopez</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>	10:15-11:00 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>
9:30-10:15 MS * Stronger Women <i>Natalie Hope</i>	9:30-10:15 MS * Athletic Conditioning <i>Aaron Sweeney-Harris</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>	10:20-11:10 YS * Sculpted Yoga™ <i>Jordan Stanford</i>	
10:20-11:05 TR * Precision Run® <i>Bethany Thomson</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 Crockatt</i>		10:30-11:15 MS * Core6 <i>Tania Russell</i>	11:30-12:00 MS * Best Abs Ever <i>Hugo Diez</i>
10:20-11:20 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i>	12:00-1:00 YS * Vinyasa Yoga <i>Marcia Sharp</i>	10:20-11:20 YS * Vinyasa Yoga <i>Echo Elliott</i>	10:55-11:25 TR * Best Abs Ever <i>Bethany Thomson</i>	12:15-1:15 BR * Rounds: Boxing <i>Robert Lynch</i>		12:00-12:30 MS * Best Butt Ever <i>Hugo Diez</i>
11:30-12:15 YS * Pilates Mat <i>Charlotte Alloway</i>	12:15-1:05 MS * EQX3 <i>Natalie Hope Alex Rennie</i>	11:30-12:15 YS * True Barre <i>Cian Hughes</i>	12:00-1:00 YS * Power Vinyasa <i>Christian Coelho</i>	12:15-1:00 YS * True Barre <i>Gareth Moran</i>	11:15-12:00 TR * Precision Run + Strength <i>Alex Rennie</i>	12:00-12:45 TR * Precision Run® <i>Nicky Lopez</i>
12:15-12:45 MS * Quick HIIT <b>Hugo Diez</b>	1:15-2:00 YS * Barefoot Sculpt <i>Jen Kehoe</i>	12:15-1:15 MS * Cardio Sculpt <i>Hugo Diez</i>	12:15-1:05 MS * EQX3 <i>Layton Taylor Bethany Thomson</i>	12:30-1:15 MS * <b>Body Sculpt</b> <b>Vitor Metzker Fernandes</b>	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 * Barefoot Sculpt <i>Mani Sidhu</i>	5:45-6:45 YS * Pilates at the Barre <i>Abigail Sakari</i>	12:30-1:15 YS * Pilates Mat <i>Athina Lazaridou</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>
12:45-1:15 MS * Best Butt Ever <b>Hugo Diez</b>	6:00-6:45 MS * MetCon3 <b>Hendrick Famutimi</b>	1:30-2:15 YS * Best Stretch Ever <i>Luiz Madalena</i>	3:00-3:50 YS * Pilates at the Barre <i>Annie James</i>		12:15-12:45 MS * <b>Best Butt Ever</b> <b>Hugo Diez</b>	5:15-6:15 YS * Vinyasa Yoga <i>Antonia Reed-Felstead</i>
1:30-2:30 YS * Vinyasa Yoga <i>Anthony Selwyn</i>	6:45-7:45 BR * Rounds: Boxing <i>Robert Lynch</i>	6:00-6:45 MS * Body Sculpt <i>Natalie Hope</i>	5:45-6:30 YS * Pilates Mat <i>Michelle Morrey</i>	5:15-6:00 YS * Pilates Fusion <i>Jordan Stanford</i>	12:30-1:30 YS * Pilates at the Barre <i>Niall Morris</i>	
3:00-3:50 YS * Pilates at the Barre <i>Gareth Moran</i>	7:00-7:45 MS * Core6 <b>Hugo Diez</b>	6:00-6:45 YS * Pilates Mat <i>Jo-leigh Morris</i>	6:00-6:45 MS * Stronger <b>Natalie Hope</b>	5:45-6:30 MS * Athletic Conditioning <b>Hugo Diez</b>	12:45-1:15 MS * Upper Body Pump <b>Hugo Diez</b>	
6:00-6:45 MS * Kettlebell Power <i>Alex Rennie</i>	7:00-7:45 MS * Yin Yoga (Heated) <i>Diego Melo</i>	6:45-7:45 BR * Rounds: Bags and Mitts <b>Richie Edwards</b>	6:45-7:45 BR * Rounds: Boxing <i>Leo Mercurio</i>	6:15-7:15 YS * Weekend Wind Down Yoga <i>Jordan Stanford</i>	1:45-2:30 YS * Best Stretch Ever <i>Luiz Madalena</i>	
6:00-7:00 YS * Vinyasa Yoga <i>Mira Khreino</i>	8:05-8:35 YS * Sound Meditation <i>Diego Melo</i>	7:00-7:45 MS * Athletic Conditioning <b>Natalie Hope</b>	7:00-7:45 MS * MetCon3 <b>Nicky Lopez</b>	6:30-6:45 MS * Best Abs Ever <b>Hugo Diez</b>		3:45-4:45 YS * Weekend Wind Down Yoga <i>Ferdi Skoberla</i>
6:45-7:45 BR * Rounds: Kickboxing <i>Richie Edwards</i>		7:00-7:45 MS * Athletic Conditioning <b>Natalie Hope</b>	7:00-7:45 MS * MetCon3 <b>Nicky Lopez</b>			4:50-5:35 YS * Sound Meditation (Heated) <i>Ferdi Skoberla</i>
7:00-7:45 MS * Athletic Conditioning <i>Alex Rennie</i>		7:00-8:00 YS * Vinyasa Yoga <i>Olivia Gunn</i>	7:00-8:00 YS * Vinyasa Yoga <i>Daniela Olds</i>			
7:15-8:00 YS * True Barre <i>Eian Crockatt</i>						

# 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

natalie.hope@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.

**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, 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.

**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.

**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.

**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: 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.

## Regeneration

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**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

**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.

**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.