E by EQUINOX **E ST. JAMES'S**

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

7:15-8:05	MS *	Stronger *Bethany Thomson*
12:15-1:05	MS *	MetCon Monday *Alex Rennie*
1:15-2:05	MS *	Pilates Mat *Marcela Rafalowska*
5:45-6:30	MS *	Leg Day *Bethany Thomson*
6:45-7:45	MS *	Yin Yoga *Diego Melo*
7:45-8:15	MS *	Sound Meditation *Diego Melo*

TUESDAY

7:00-7:45	MS *	Body Sculpt *Hugo Diez*
7:45-8:00	MS *	Best Abs Ever *Hugo Diez*
12:15-1:05	MS *	Stronger *Hendrick Famutimi*
12:15-1:05	PZ *	Precision Run® *Bethany Thomson*
1:15-2:05	MS *	True Barre: Off the Barre *Charlotte Alloway*
5:30-6:00	MS *	Upper Body Pump *Bethany Thomson*
6:00-6:15	MS *	**Best Abs Ever** ***Bethany Thomson***
6:30-7:20	MS *	**Vinyasa Yoga** ***Jordan Stanford***

WEDNESDAY

7:15-8:05	PZ *	Precision Run® *Justin Reid-Simms*
12:15-1:05	MS *	Stronger Women *Bethany Thomson*
1:15-2:05	MS *	Pilates Mat *Charlotte Alloway*
5:30-6:15	MS *	**True Barre: Off the Barre** ***Eian Crockatt***
6:30-7:20	MS *	Hatha Yoga *Antonia Reed-Felstead*

THURSDAY

7:15-8:00	MS *	Stronger *Vitor Metzker Fernandes*
8:10-9:00	MS *	Vinyasa Yoga *Salvo Santagata*
12:15-1:00	MS *	Ropes and Rowers *Jesse Douglas Smith*
12:15-1:05	PZ *	Precision Run® *Nicky Lopez*
1:15-2:05	MS *	Pilates Rise *Jordan Stanford*
6:30-7:15	MS *	Barefoot Sculpt *Abigail Sakari*

FRIDAY

7:30-8:15	MS *	Pilates Mat *Zoe Sorensen*
12:05-12:35	MS *	Upper Body Pump *Danni Berg*
12:35-1:05	MS *	Best Abs Ever *Danni Berg*
1:15-2:05	MS *	Pilates Fusion *Martha Burke*
5:30-6:30	MS *	Yin Yoga *Ferdi Skoberla*
6:35-7:05	MS *	Sound Meditation *Ferdi Skoberla*

SATURDAY

10:00-10:50	MS *	Stronger *Martha Burke*
11:00-11:45	MS *	True Barre: Off the Barre *Anna Knowles*
11:45-12:00	MS *	Athletic Stretch *Anna Knowles*

SUNDAY

9:30-10:20	MS *	Power Vinyasa *Amanda Helms*
10:30-11:15	MS *	Barefoot Sculpt: The Ring *Christina Bennington*
11:15-11:30	MS *	Athletic Stretch *Christina Bennington*

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

E by EQUINOX

E ST. JAMES'S

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LONDON SW1A 1ER

EQUINOX.COM

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MON-THU 06:00 AM 09:00 PM

FRI 06:00 AM 08:00 PM

SAT-SUN 08:00 AM 04:00 PM

GROUP FITNESS MANAGER

bethany.thomson@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

MS Main Studio

PZ PR Zone

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Running

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.

HIIT

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.

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.

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.

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.

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.

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.

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.

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: Off the Barre This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

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.

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.

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.