

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-8:05 MS* MetCon Monday <i>Bethany Thomson</i>	7:00-7:30 MS* Best Abs Ever <i>Hugo Diez</i>	7:15-8:05 PZ* Precision Run@ <i>Lucy Usher</i>	7:15-8:05 MS* Pilates Fusion <i>Lucy Borrie</i>	7:30-8:20 MS* Stronger <i>Vitor Metzker Fernandes</i>	10:00-10:50 MS* Stronger Women <i>Martha Burke</i>
10:00-10:50 MS* MetCon Monday <i>Alex Rennie</i>	7:30-8:00 MS* Best Butt Ever <i>Hugo Diez</i>	8:15-9:05 MS* Vinyasa Yoga <i>Diego Melo</i>	12:15-1:05 MS* Athletic Conditioning <i>Nicky Lopez</i>	12:05-12:35 MS* Upper Body Pump <i>Danni Berg</i>	11:00-11:50 MS* Pilates Mat <i>Deena Pierce</i>
12:15-1:05 MS* Pilates Mat <i>Niall Morris</i>	12:15-1:05 MS* Stronger <i>Hendrick Famutimi</i>	12:15-1:05 MS* TRX Max Circuit <i>Bethany Thomson</i>	12:15-1:05 PZ* Precision Run@ <i>Deena Pierce</i>	12:35-1:05 MS* Best Abs Ever <i>Danni Berg</i>	12:15-1:05 MS* True Barre: Off the Barre <i>Elan Crockatt</i>
5:45-6:35 MS* Stronger <i>Bethany Thomson</i>	12:15-1:05 PZ* Precision Run@ <i>Nicky Lopez</i>	1:15-2:05 MS* Pilates Mat <i>Charlotte Alloway</i>	1:15-2:05 MS* Power Vinyasa <i>Jordan Stanford</i>	1:20-2:10 MS* Pilates Fusion <i>Martha Burke</i>	1:20-2:20 MS* Vinyasa Yoga <i>Amanda Helms</i>
6:50-7:50 MS* Yin Yoga <i>Diego Melo</i>	1:15-2:05 MS* True Barre: Off the Barre <i>Niall Morris</i>	5:45-6:30 MS* Body Sculpt <i>Bethany Thomson</i>	6:15-7:05 MS* Pilates Fusion <i>Abigail Sakari</i>	5:30-6:30 MS* Yin Yoga <i>Ferdi Skoberla</i>	
7:55-8:25 MS* Sound Meditation <i>Diego Melo</i>	5:45-6:30 MS* Core6 <i>Bethany Thomson</i>	6:45-7:35 MS* Hatha Yoga <i>Antonia Reed-Felstead</i>		6:35-7:05 MS* Sound Meditation <i>Ferdi Skoberla</i>	
	6:45-7:35 MS* Pilates Rise <i>Jordan Stanford</i>				

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

E ST. JAMES'S

12 St James's Street
LONDON SW1A 1ER
EQUINOX.COM
@EQUINOX

MON-THU 06:00 AM 09:00 PM
FRI 06:00 AM 08:00 PM
SAT 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.

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.

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.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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.

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.

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

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.

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.