

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-8:05 MS* Stronger Bethany Thomson	7:00-7:30 MS* Best Abs Ever Hugo Diez	7:15-8:05 PZ* Precision Run@ Lucy Usher	7:15-8:05 MS* True Barre: Off the Barre Lucy Borrie	7:30-8:20 MS* Stronger Vitor Metzker Fernandes	10:00-10:50 MS* MetCon3 Martha Burke
12:15-1:05 MS* MetCon Monday Alex Rennie	7:30-8:00 MS* Best Butt Ever Hugo Diez	8:15-9:05 MS* Vinyasa Yoga Diego Melo	12:15-1:00 MS* Pilates Rise Jordan Stanford	12:05-12:35 MS* Upper Body Pump Danni Berg	11:00-11:50 MS* Pilates Mat Deena Pierce
1:15-2:05 MS* Pilates Mat Niall Morris	12:15-1:05 MS* Stronger Hendrick Famutimi	12:15-1:00 MS* Leg Day Bethany Thomson	12:15-1:05 PZ* Precision Run@ Deena Pierce	12:35-1:05 MS* Best Abs Ever Danni Berg	12:00-12:30 MS* Best Butt Ever Eian Crockatt
5:45-6:30 MS* Leg Day Bethany Thomson	12:15-1:05 PZ* Precision Run@ Nicky Lopez	1:15-2:05 MS* Pilates Mat Charlotte Alloway	6:30-7:15 MS* Barefoot Sculpt Abigail Sakari	1:20-2:10 MS* Pilates Fusion Martha Burke	12:30-1:00 MS* Athletic Stretch Eian Crockatt
6:50-7:50 MS* Yin Yoga Diego Melo	1:15-2:05 MS* True Barre: Off the Barre Niall Morris	5:45-6:30 MS* Body Sculpt Bethany Thomson		5:30-6:30 MS* Yin Yoga Ferdie Skoberla	1:15-2:05 MS* Vinyasa Yoga Amanda Helms
7:55-8:25 MS* Sound Meditation Diego Melo	5:30-6:00 MS* Upper Body Pump Bethany Thomson	6:45-7:35 MS* Hatha Yoga Antonia Reed-Felstead		6:35-7:05 MS* Sound Meditation Ferdie Skoberla	
	6:00-6:30 MS* Best Abs Ever Bethany Thomson				
	6:45-7:30 MS* Pilates Rise Jordan Stanford				

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

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.

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

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.

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.

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

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.

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.

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.

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.