

EQUNOX

BISHOPSGATE

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY

Bold New/Updated Class, Instructor, or Time

* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 CS * Beats Ride Georgie Bloy	7:00-7:45 MS * Core6 Lucy Borrie	7:15-8:00 YS * Pilates Mat Hannah Blackburn	7:15-8:00 True Barre Anna Knowles	7:00-7:45 CS * Beats Ride Nicky Lopez	7:30-8:20 TR * Pilates Mat Zoe Sorensen	9:30-10:20 YS * Pilates Rise Eian Crockett
7:45-8:30 (Heated) YS * Power Vinyasa Diego Melo	7:15-8:00 YS * Pilates Mat Hannah Blackburn	7:30-8:15 MS * Stronger Jesse Douglas Smith	7:15-8:00 YS * Pilates Mat Layton Taylor	7:30-8:15 MS * MetCon3 Jay Revan	7:45-8:30 YS * Power Vinyasa (Heated) Luiz Madalena	10:00-10:45 CS * Beats Ride Frankie Rankin
11:15-12:00 YS * Pilates at the Barre Eian Crockett	11:15-12:00 YS * Barefoot Sculpt Abigail Sakari	11:15-12:00 YS * Pilates Mat Layton Taylor	12:15-1:15 YS * Vinyasa Yoga Antonia Reed-Felstead	11:15-12:05 YS * Sculpted Yoga™ Jordan Stanford	12:15-1:00 YS * Pilates Mat Hannah Blackburn	10:30-11:15 MS * Best Butt Ever Eian Crockett
12:15-1:15 YS * Vinyasa Yoga Daniela Olds	12:15-1:00 YS * Pilates Fusion Bella Wilson	12:30-1:15 MS * Stronger Layton Taylor	12:30-1:15 MS * Athletic Conditioning Lucy Usher	12:15-1:05 YS * Pilates at the Barre Charlotte Alloway	12:30-1:15 MS * Athletic Conditioning Martha Burke	11:30-12:15 MS * Stronger Vitor Metzker Fernandes
12:30-1:15 MS * Core6 Lucy Borrie	12:30-1:15 MS * Precision Run® Justin Reid-Simms	1:00-1:45 CS * Beats Ride Layton Taylor	1:00-1:45 CS * Beats Ride Layton Taylor	12:30-1:20 MS * Ropes and Rowers Johnny Fountoulakis	1:15-1:30 MS * Best Abs Ever Martha Burke	11:30-12:30 YS * Power Vinyasa Diego Melo
1:00-1:50 CS * Precision Ride Layton Taylor	1:00-1:50 TR * Precision Run® Justin Reid-Simms			1:00-1:50 TR * Precision Run® Justin Reid-Simms	5:30-6:30 FF * PGX: Pop-up Jesse Douglas Smith	12:45-2:00 YS * Weekend Wind Down Yoga Diego Melo
5:30-6:20 MS * Whipped! Jesse Douglas Smith	5:30-6:20 MS * EQX3 Layton Taylor Natalie Hope	5:30-6:15 YS * Pilates Mat Cian Hughes	5:45-6:30 MS * Core6 Hugo Diez	5:45-6:30 YS * Yin Yoga Ferdi Skoberla	5:30-6:45 YS * Vinyasa Yoga (Heated) Wen D	2:15-3:00 YS * Studio Dance: Hip Hop Marta Szlachcianowska
5:30-6:15 YS * Barefoot Sculpt Eian Crockett	5:30-6:30 YS * Hatha Yoga Anthony Selwyn	5:45-6:30 MS * Core6 Hugo Diez	6:00-6:45 CS * Beats Ride Nicky Lopez	6:00-6:45 CS * Anthem Ride Tania Russell		
6:15-7:05 TR * Precision Run® Ellie Rhodes	6:00-6:45 CS * Beats Ride Darcey Newell	6:30-7:15 YS * True Barre Cian Hughes	6:30-7:15 YS * Vinyasa Yoga (Heated) Wen D	6:15-6:45 MS * Upper Body Pump Aaron Sweeney-Harris		
6:30-7:15 MS * Stronger Layton Taylor	6:30-7:15 MS * Best Butt Ever Johnny Fountoulakis	6:30-7:15 YS * True Barre Cian Hughes	6:30-7:00 YS * Meditation Ferdi Skoberla	6:45-7:15 MS * Best Butt Ever Aaron Sweeney-Harris		
6:30-7:15 YS * Pilates Mat Charlotte Alloway	6:30-7:20 TR * Precision Run® Layton Taylor	6:30-8:30 YS * Rounds: Boxing Jay Revan		7:15-8:00 YS * Pilates Fusion Niall Morris		
7:30-8:15 YS * True Barre (Heated) Charlotte Alloway	6:45-7:30 YS * True Barre Niall Morris	7:30-8:15 MS * Pilates at the Barre Niall Morris				
	7:45-8:35 YS * Pilates at the Barre Niall Morris					

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

EQUINOX

BISHOPSGATE
8 Clerk's Place
LONDON EC3A 8AQ
EQUINOX.COM
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MON-THU 05:30 AM 09:00 PM
FRI 05:30 AM 08:00 PM
SAT-SUN 08:00 AM 04:00 PM

GROUP FITNESS MANAGER
layton.taylor@equinox.com

SIGNATURE CLASSES.
ACCLAIMED INSTRUCTORS.
TRANSFORMED BODIES.

STUDIO KEY
CS Cycling Studio
MS Main Studio
YS Yoga Studio
TR Treadmill Area
FF FITNESS FLOOR

CLASS LEVEL GUIDE
(All levels welcome unless otherwise noted.)
All All Levels Welcome
L1 Beginner
L2 Intermediate
L3 Advanced

❖ Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.
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.
Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

❖ 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.

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.

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.

PGX: Pop-up Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

❖ 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.

❖ 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.

❖ Dance

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

❖ 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.

❖ Regeneration

Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

❖ Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

❖ 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.

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.