

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

# EQUINOX

## BISHOPSGATE

8 Clerk's Place

LONDON EC3A 8AQ

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 09:00 PM

**SAT-SUN** 08:00 AM 05:00 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

## 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.

**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 Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.



## 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.

**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.

**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

**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.



## 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.

**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.