

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>7:00-7:45</div> <div>CS *</div> <div>Beats Ride</div> <div>Johnny Fountoulakis</div> <div>7:30-8:15</div> <div>Power Vinyasa (Heated)</div> <div>Diego Melo</div> <div>YS *</div> <div>11:00-11:50</div> <div>Pilates at the Barre</div> <div>Eian Crockatt</div> <div>YS *</div> <div>12:15-1:15</div> <div>YS *</div> <div>Vinyasa Yoga</div> <div>Daniela Olds</div> <div>12:30-1:15</div> <div>MS *</div> <div>MetCon Monday</div> <div>Louis Quaye</div> <div>1:00-1:50</div> <div>CS *</div> <div>Precision Ride</div> <div>Layton Taylor</div> <div>5:30-6:20</div> <div>MS *</div> <div>360 Strength</div> <div>Jesse Douglas Smith</div> <div>5:30-6:15</div> <div>YS *</div> <div>Barefoot Sculpt</div> <div>Eian Crockatt</div> <div>6:15-7:05</div> <div>TR *</div> <div>Precision Run®</div> <div>Louis Quaye</div> <div>6:30-7:15</div> <div>MS *</div> <div>Stacked</div> <div>Layton Taylor</div> <div>6:30-7:15</div> <div>YS *</div> <div>Pilates Mat</div> <div>Charlotte Alloway</div> <div>7:30-8:15</div> <div>YS *</div> <div>True Barre (Heated)</div> <div>Charlotte Alloway</div>	<div>7:00-7:45</div> <div>MS *</div> <div>Athletic Conditioning</div> <div>Martha Burke</div> <div>7:15-8:00</div> <div>YS *</div> <div>Pilates Mat</div> <div>Hannah Blackburn</div> <div>12:15-1:00</div> <div>YS *</div> <div>Pilates Fusion</div> <div>Rosalia Panepinto</div> <div>12:30-1:15</div> <div>MS *</div> <div>Stronger</div> <div>Layton Taylor</div> <div>1:00-1:50</div> <div>TR *</div> <div>Precision Run®</div> <div>Justin Reid-Simms</div> <div>5:30-6:20</div> <div>MS *</div> <div>EQX3</div> <div>Charlie Peters Layton Taylor</div> <div>5:30-6:30</div> <div>YS *</div> <div>Hatha Yoga</div> <div>Anthony Selwyn</div> <div>6:00-6:45</div> <div>CS *</div> <div>Beats Ride</div> <div>Darcey Newell</div> <div>6:30-7:15</div> <div>MS *</div> <div>Best Butt Ever</div> <div>Johnny Fountoulakis</div> <div>6:30-7:20</div> <div>TR *</div> <div>Precision Run®</div> <div>Charlie Peters</div> <div>6:45-7:30</div> <div>YS *</div> <div>True Barre</div> <div>Niall Morris</div> <div>7:30-8:15</div> <div>MS *</div> <div>Rounds: Boxing</div> <div>Jay Revan</div> <div>7:45-8:35</div> <div>YS *</div> <div>Pilates at the Barre</div> <div>Niall Morris</div>	<div>7:15-8:00</div> <div>YS *</div> <div>True Barre</div> <div>Anna Knowles</div> <div>7:30-8:15</div> <div>MS *</div> <div>Stronger</div> <div>Layton Taylor</div> <div>11:15-12:00</div> <div>YS *</div> <div>Pilates Mat</div> <div>Layton Taylor</div> <div>12:15-1:15</div> <div>YS *</div> <div>Vinyasa Yoga</div> <div>Antonia Reed-Felstead</div> <div>12:30-1:15</div> <div>MS *</div> <div>Athletic Conditioning</div> <div>Lucy Usher</div> <div>1:00-1:45</div> <div>CS *</div> <div>Beats Ride</div> <div>Layton Taylor</div> <div>5:30-6:15</div> <div>YS *</div> <div>Pilates Mat</div> <div>Cian Hughes</div> <div>5:45-6:35</div> <div>MS *</div> <div>360 Strength</div> <div>Hugo Diez</div> <div>6:00-6:45</div> <div>CS *</div> <div>Beats Ride</div> <div>Nicky Lopez</div> <div>6:30-7:15</div> <div>YS *</div> <div>True Barre</div> <div>Cian Hughes</div> <div>7:30-8:30</div> <div>YS *</div> <div>Vinyasa Yoga (Heated)</div> <div>Wen D</div>	<div>7:00-7:45</div> <div>CS *</div> <div>THEME RIDE:</div> <div>Nicky Lopez</div> <div>7:00-7:45</div> <div>MS *</div> <div>Rounds: Boxing</div> <div>Jay Revan</div> <div>7:15-8:00</div> <div>YS *</div> <div>Pilates Mat</div> <div>Zoe Sorensen</div> <div>12:15-1:05</div> <div>YS *</div> <div>Pilates at the Barre</div> <div>Charlotte Alloway</div> <div>12:30-1:20</div> <div>MS *</div> <div>Ropes and Rowers</div> <div>Johnny Fountoulakis</div> <div>1:00-1:50</div> <div>TR *</div> <div>Precision Run®</div> <div>Justin Reid-Simms</div> <div>5:45-7:00</div> <div>YS *</div> <div>Yin Yoga Meditation</div> <div>Ferdi Skoberla</div> <div>6:00-6:45</div> <div>CS *</div> <div>THEME RIDE:</div> <div>Vitor Metzker</div> <div>Fernandes</div> <div>6:30-7:00</div> <div>MS *</div> <div>Upper Body Pump</div> <div>Aaron Sweeney-Harris</div> <div>7:00-7:30</div> <div>MS *</div> <div>Best Butt Ever</div> <div>Aaron Sweeney-Harris</div> <div>7:15-8:00</div> <div>YS *</div> <div>Pilates Fusion</div> <div>Niall Morris</div>	<div>7:30-8:20</div> <div>TR *</div> <div>Precision Run®</div> <div>Layton Taylor</div> <div>7:45-8:30</div> <div>YS *</div> <div>Power Vinyasa (Heated)</div> <div>Luiz Madalena</div> <div>12:15-1:00</div> <div>YS *</div> <div>Pilates Mat</div> <div>Hannah Blackburn</div> <div>12:30-1:00</div> <div>MS *</div> <div>Quick HIIT</div> <div>Martha Burke</div> <div>1:00-1:15</div> <div>MS *</div> <div>Best Abs Ever</div> <div>Martha Burke</div> <div>1:15-1:30</div> <div>MS *</div> <div>Athletic Stretch</div> <div>Martha Burke</div> <div>5:30-6:30</div> <div>FF *</div> <div>PGX: Pop-up</div> <div>Louis Quaye</div> <div>5:30-6:45</div> <div>YS *</div> <div>Vinyasa Yoga (Heated)</div> <div>Diego Melo</div>	<div>9:15-10:00</div> <div>MS *</div> <div>Stronger</div> <div>Danni Berg</div> <div>9:30-10:20</div> <div>YS *</div> <div>Pilates Rise</div> <div>Eian Crockatt</div> <div>10:15-11:00</div> <div>CS *</div> <div>Beats Ride</div> <div>Layton Taylor</div> <div>10:30-11:15</div> <div>MS *</div> <div>Rhythmic Sculpt</div> <div>Eian Crockatt</div> <div>10:30-11:15</div> <div>YS *</div> <div>True Barre</div> <div>Niall Morris</div> <div>11:30-12:30</div> <div>YS *</div> <div>Power Vinyasa</div> <div>Diego Melo</div> <div>12:45-2:00</div> <div>YS *</div> <div>Weekend Wind Down</div> <div>Yoga</div> <div>Diego Melo</div> <div>2:15-3:00</div> <div>YS *</div> <div>Studio Dance: Hip Hop</div> <div>Marta Szlachcianowska</div>	<div>10:45-12:00</div> <div>YS *</div> <div>Vinyasa Yoga</div> <div>Antonia Reed-Felstead</div> <div>11:30-12:15</div> <div>MS *</div> <div>Athletic Conditioning</div> <div>Hannah Wilkie</div> <div>12:15-1:15</div> <div>YS *</div> <div>Sculpted Yoga™</div> <div>Amanda Helms</div> <div>1:30-2:15</div> <div>YS *</div> <div>True Barre</div> <div>Amanda Helms</div>

EQUINOX

BISHOPSGATE

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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

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.
THEME RIDE: A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.



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.
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.
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.
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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.
Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. 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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.



Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.
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.