EQUINOX

BISHOPSGATE

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

7:00-7:45 CS *	Beats Ride *Darcey Newell*
7:10-7:55 YS *	**Sunrise Vinyasa Yoga (Heated)** ***Diego Melo***
11:15-12:00 YS *	Pilates at the Barre *Eian Crockatt*
12:15-1:15 YS *	Vinyasa Yoga *Daniela Olds*
12:30-1:15 MS *	Core6 *Lucy Borrie*
1:00-1:50 CS *	Precision Ride *Layton Taylor*
5:30-6:15 MS *	Whipped! *Jesse Douglas Smith*
5:30-6:15 YS *	Barefoot Sculpt: The Ring *Eian Crockatt*
6:15-7:05 TR *	Precision Run® *Aaron Sweeney-Harris*
6:30-7:15 MS *	Stronger *Layton Taylor*
6:30-7:15 YS *	Pilates Mat *Charlotte Alloway*
7:20-7:50 MS *	Core6 Express *Layton Taylor*
7:20-7:50 YS *	Athletic Stretch *Charlotte Alloway*

TUESDAY

7:00-7:45 YS *	**Pilates Mat** ***Hannah Blackburn***
7:10-7:55 MS *	**Athletic Conditioning** ***Lucy Borrie***
12:15-1:00 YS *	Pilates Fusion *Bella Wilson*
12:30-1:15 MS *	Stronger *Layton Taylor*
1:00-1:50 TR *	Precision Run® *Justin Reid-Simms*
5:30-6:20 MS *	EQX3 *Johnny Fountoulakis* *Layton Taylor*
5:30-6:30 YS *	Hatha Yoga *Anthony Selwyn*
6:00-6:45 CS *	Beats Ride *Ellie Rhodes*
6:30-7:15 MS *	Best Butt Ever *Johnny Fountoulakis*
6:30-7:20 TR *	Precision Walk: Elevate *Layton Taylor*
6:45-7:30 YS *	Pilates at the Barre *Zoe Sorensen*
7:30-8:15 MS *	Rounds: Boxing *Jay Revan*
7:35-8:05 YS *	Athletic Stretch *Zoe Sorensen*

WEDNESDAY

7:00-7:50 TR *	**Precision Run®** ***Cameron Foster***
7:10-7:55 YS *	**Barefoot Sculpt: The Ring** ***Anna Knowles***
7:20-8:05 MS *	**Stronger Women** ***Layton Taylor***
11:15-12:00 YS *	Pilates Mat *Layton Taylor*
12:15-1:15 YS *	Vinyasa Yoga *Antonia Reed-Felstead*
12:30-1:15 MS *	**Athletic Conditioning** ***Ellie Rhodes***
1:00-1:45 CS *	Beats Ride *Layton Taylor*
5:30-6:15 YS *	Pilates Mat *Daniela Olds*
5:45-6:30 MS *	Leg Day *Hugo Diez*
6:00-6:45 CS *	Beats Ride *Nicky Lopez*
6:30-7:15 YS *	True Barre *Agneta Lindberg*
6:35-7:05 MS *	Core6 Express *Hugo Diez*
7:30-8:30 YS *	Vinyasa Yoga *Wen D*

THURSDAY

7:00-7:45 MS *	**MetCon3** ***Rochelle Blenman***
7:10-7:55 CS *	**Beats Ride** ***Nicky Lopez***
7:20-8:05 YS *	**Pilates Mat** ***Zoe Sorensen***
12:15-1:05 YS *	Pilates at the Barre *Charlotte Alloway*
12:30-1:15 MS *	**Ropes and Rowers** ***Johnny Fountoulakis***
1:00-1:50 TR *	Precision Run® *Justin Reid-Simms*
5:45-6:45 YS *	Yin Yoga *Ferdi Skoberla*
6:00-6:45 CS *	Beats Ride *Dan Morris*
6:15-6:45 MS *	Upper Body Pump *Aaron Sweeney-Harris*
6:45-7:15 MS *	Best Butt Ever *Aaron Sweeney-Harris*
7:15-8:00 YS *	Pilates Fusion *Niall Morris*

FRIDAY

7:10-7:55 YS *	**Sunrise Vinyasa Yoga (Heated)** ***Wen D***
7:20-8:10 TR *	**Precision Run®** ***Justin Reid-Simms***
12:15-1:00 YS *	Pilates Mat *Hannah Blackburn*
12:30-1:15 MS *	Athletic Conditioning *Jay Revan*
5:30-6:15 MS *	**Stronger** ***Ryan Dixon***
5:30-6:45 YS *	**Sunset Vinyasa Yoga (Heated)** ***Diego Melo***

SATURDAY

9:30-10:20 YS *	Pilates Rise *Niall Morris*
10:15-11:00 MS *	Best Butt Ever *Hugo Diez*
10:30-11:15 YS *	True Barre *Niall Morris*
11:30-12:15 MS *	Stronger *Vitor Metzker Fernandes*
11:30-12:30 YS *	Power Vinyasa *Diego Melo*
12:45-2:00 YS *	Weekend Wind Down Yoga *Diego Melo*

SUNDAY

10:45-12:00 YS *	Vinyasa Yoga *Antonia Reed-Felstead*
11:30-12:15 MS *	Athletic Conditioning *Cameron Foster*
12:15-1:00 YS *	True Barre *Amanda Helms*

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

@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.

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.
Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.
Sunset Vinyasa Yoga Flow into the evening with this dynamic, breath-synced Vinyasa practice timed to the setting sun. Continuous, intentional movement builds heat and strength while linking breath to motion, helping you transition from the pace of your day into a state of calm, grounded energy.
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.

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.

Strength

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.
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.

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.
Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. Build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.
EQX3 Build strength, engine, and resilience under fatigue. Combining progressive strength work with machine intervals, carries, lunges, functional conditioning, and athletic movement patterns, EQX3 develops the physical and mental capacity needed for modern race-style fitness challenges.
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.

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: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.