

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45–7:30 MS Adrenaline Hendrick Famutimi	7:00–7:45 CS ♦ Studio Cycling <i>Kari McCreath</i>	7:00–7:45 CS ♦ Studio Cycling <i>Paul Saini</i>	7:00–7:45 CS ♦ Studio Cycling <i>Kari McCreath</i>	7:00–7:45 CS ♦ Studio Cycling <i>Johnny Foundoulakis</i>	8:15–9:05 MS Boot Camp <i>Alex Lawson</i>	9:30–10:30 MS Whipped! <i>Hugo Diez</i>
7:00–7:45 CS ♦ Studio Cycling <i>Kari McCreath</i>	7:00–7:45 MS Tabata Hugo Diez	7:15–8:15 TR ♦ Precision Running® <i>Rory Knight</i>	7:00–7:45 MS Tabata <i>Johnny Foundoulakis</i>	8:30–9:45 YS H.I.T. Full Body Conditioning Fabio Filipe	8:30–9:45 YS Vinyasa Yoga <i>Adam Husler</i>	10:00–11:00 BR Boxing Boot Camp <i>Robert Lynch</i>
7:35–8:20 TR ♦ Tread and Shred Hendrick Famutimi	7:00–8:15 YS Power Yoga <i>Kathryn Fielding</i>	7:15–8:00 YS ♦ Barre Bootcamp <i>Agneta Lindberg</i>	7:00–7:45 TR ♦ Tread and Shred <i>Becs Gentry</i>	9:00–10:00 YS ♦ Barre Fit Cardio <i>Tara Lee Oakley</i>	9:10–9:55 MS H.I.T. Full Body Conditioning <i>Alex Lawson</i>	10:00–10:45 CS ♦ Cycle Beats Fabio Filipe
9:00–9:45 MS Tabata <i>Johnny Foundoulakis</i>	7:45–8:15 MS Ab Lab Hugo Diez	9:30–10:15 MS METCON3 <i>Hendrick Famutimi</i>	7:45–8:15 MS Ab Lab <i>Johnny Foundoulakis</i>	9:30–10:15 MS Boot Camp Kimmy Famutimi	9:15–10:00 CS ♦ Studio Cycling <i>Kari McCreath</i>	10:30–10:55 MS Core Conditioning <i>Hugo Diez</i>
9:15–10:15 YS ♦ Ballet Barre Workout <i>Leighton Sharpe</i>	9:30–10:30 MS Definitions <i>Hugo Diez</i>	9:30–10:30 YS ♦ Barre <i>Michelle Morrey</i>	9:00–9:45 MS Top2Bottom Hugo Diez	9:45–10:30 CS ♦ Studio Cycling <i>Janine Joseph</i>	10:05–11:05 YS Pilates <i>Will Weatherall</i>	10:30–12:00 YS Power Yoga <i>Marc Laws</i>
9:45–10:30 CS ♦ Studio Cycling <i>Rory Knight</i>	9:45–10:30 CS ♦ Studio Cycling <i>Johnny Foundoulakis</i>	9:45–10:30 CS ♦ Studio Cycling <i>Rory Knight</i>	9:30–10:20 TR ♦ Precision Running® Alex Lawson	9:45–10:30 TR ♦ Precision Running® <i>Anthony Fletcher</i>	10:10–10:55 MS ♦ Whipped! <i>Alex Lawson</i>	11:00–11:15 MS Best Arms Ever <i>Hugo Diez</i>
9:50–10:35 MS Best Butt Ever <i>Michelle Morrey</i>	9:45–10:45 YS Dynamic Vinyasa Yoga <i>Minna Skirgard</i>	10:35–11:00 MS Ab Lab Michelle Morrey	9:30–10:30 YS Dynamic Vinyasa Yoga <i>Adam Husler</i>	10:30–11:30 MS Dance! <i>AJ O'Neill</i>	10:15–11:15 BR Boxing Boot Camp <i>Robert Lynch</i>	11:20–12:20 MS Sweat <i>Georgie Starkie</i>
10:30–12:00 YS Power Yoga <i>Kathryn Fielding</i>	10:40–11:40 MS Dance! <i>AJ O'Neill</i>	10:40–11:55 YS Power Yoga <i>Celest Pereira</i>	9:45–10:15 MS Best Abs Ever <i>Hugo Diez</i>	10:30–11:45 YS Power Yoga <i>Caroline Graham-Wood</i>	10:30–11:15 CS ♦ Studio Cycling Carl Van Heerden	11:20–12:05 TR ♦ Tread and Shred <i>Hugo Diez</i>
10:40–11:10 MS Best Abs Ever <i>Johnny Foundoulakis</i>	11:00–12:00 YS Pilates <i>Will Weatherall</i>	12:15–1:00 MS ♦ PURE STRENGTH <i>Hendrick Famutimi</i>	10:15–11:00 MS Booty Blast <i>Hugo Diez</i>	12:15–1:00 MS Tabata <i>Agneta Lindberg</i>	11:00–11:45 TR ♦ Tread and Shred <i>Hendrick Famutimi</i>	12:15–1:15 YS ♦ Barre <i>Camille Sharpe</i>
12:15–1:00 MS Stacked! <i>Hugo Diez</i>	12:30–1:15 TR ♦ Precision Running® <i>Becs Gentry</i>	12:30–1:15 TR ♦ Precision Running® Becs Gentry	10:30–11:30 BR Kickboxing <i>Alex Lawson</i>	6:15–7:00 MS METCON3 Hendrick Famutimi	11:05–12:05 YS ♦ Formula <i>Hugo Diez</i>	12:20–1:05 TR ♦ Tread and Shred <i>Hugo Diez</i>
12:15–1:00 YS Pilates Michelle Morrey	12:30–1:15 YS ♦ Barre Anne-Mette Friis	12:30–1:30 YS Vinyasa Yoga Aya Etherington	11:00–11:15 MS Best Arms Ever <i>Hugo Diez</i>	6:30–7:30 YS Power Yoga <i>Marc Laws</i>	11:15–12:15 YS ♦ Barre Bootcamp <i>Michelle Morrey</i>	2:45–4:00 YS Vinyasa Yoga <i>Ferdi Skoberla</i>
6:00–6:45 MS Kettlebell Power <i>Hugo Diez</i>	6:15–7:00 MS Tabata Hendrick Famutimi	6:15–7:15 YS ♦ True Barre <i>Agneta Lindberg</i>	11:00–12:00 YS Pilates <i>Will Weatherall</i>	7:05–7:50 TR ♦ Tread and Shred Hendrick Famutimi	12:05–1:05 TR ♦ The WORKX <i>Hendrick Famutimi</i>	5:00–6:30 YS Vinyasa Yoga <i>Ferdi Skoberla</i>
6:15–7:00 YS ♦ Barre Michelle Morrey	6:15–7:00 TR ♦ Precision Running® <i>Anthony Fletcher</i>	6:30–7:25 MS Adrenaline Hendrick Famutimi	12:15–1:00 YS ♦ Barre <i>Michelle Morrey</i>		12:15–12:45 MS Ab Lab <i>Hugo Diez</i>	6:30–7:00 YS Meditation <i>Ferdi Skoberla</i>
6:30–7:25 TR ♦ Precision Running® Callum Nicholls	6:15–7:00 YS Pilates <i>Marsha Lindsay</i>	7:00–8:00 BR Fighting Fit London™ <i>Jamal Akay, Nathaniel Roberson</i>	12:30–1:15 TR ♦ Tread and Shred <i>Rory Knight</i>		12:25–1:40 YS Power Yoga <i>David Pearce</i>	
6:50–7:10 MS Ab Lab <i>Hugo Diez</i>	6:30–7:15 CS ♦ Cycle Beats Sydney Nusbaum	7:00–7:45 CS ♦ Studio Cycling <i>Leo Forchin</i>	6:15–7:05 MS Whipped! Alex Lawson		12:50–1:35 MS Stacked! <i>Hugo Diez</i>	
7:00–8:00 BR Fighting Fit London™ <i>Jamal Akay, Nathaniel Roberson</i>	7:15–8:00 TR ♦ The WORKX Hendrick Famutimi	7:30–8:15 MS Boot Camp Mei Chi Li	6:15–7:05 TR ♦ Precision Running® <i>Anthony Fletcher</i>			
7:00–7:45 CS ♦ Studio Cycling <i>Leo Forchin</i>	7:15–8:30 YS Vinyasa Yoga Adam Husler	7:30–8:15 TR ♦ Tread and Shred Hendrick Famutimi	6:15–7:15 YS Dynamic Vinyasa Yoga <i>Minna Skirgard</i>			
7:10–8:25 YS Dynamic Vinyasa Yoga Ferdi Skoberla	7:30–8:15 MS Top2Bottom Hugo Diez	7:30–8:30 YS Dynamic Vinyasa Yoga <i>Kathryn Fielding</i>	6:30–7:15 CS ♦ Cycle Beats <i>Sydney Nusbaum</i>			
7:15–8:15 MS ♦ Formula <i>Hugo Diez</i>			7:15–8:00 MS Ultimate Challenge Alex Lawson, Anthony Fletcher			
			7:20–8:05 YS Pilates Marcela Rafalowska			
			7:30–8:30 BR Boxing Boot Camp <i>Robert Lynch</i>			

EQUINOX

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MON - FRI: 06:00 - 22:00
SAT & SUN: 08:00 - 21:00

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

MS	Main Studio
CS	Cycling Studio
TR	Treadmill Area
YS	Yoga Studio
BR	Boxing Studio

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

THE WORKX The treadmill class that WORKX. Combine interval-based treadmill exhaustion and resistance-training muscle burns, with tough challenges for your core along the way. Your results are in the running.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

DYNAMIC VINYASA YOGA Characterized by flowing sequences that are linked to the breath. Improves strength, flexibility and toning, decreases stress and enhances body awareness. A vigorous, more athletic approach to yoga techniques.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

ATHLETIC TRAINING

ADRENALINE Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One hour, one workout, one way to change your body.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

FORMULA The perfect FORMULA to strengthen muscle and increase cardiovascular fitness uses 3 blocks of 12 exercises each. Section one stimulates muscle growth through heavy lifting; section two tones though fast-paced light weight exercises; and section three increases stamina with a bodyweight only finale.

KETTLEBELL POWER Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TOP2BOTTOM A matchless full-body, fat-burning class to get your mind and body into Top2Bottom shape. Combining pyramid-style bouts of conditioning with high-intensity cardio intervals will transform your strength, cardiovascular fitness and overall level of fitness.

ULTIMATE CHALLENGE Test your cardio, strength and conditioning fitness levels to the max. Every week step into the unknown with only one thing for certain...go hard or go home!

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

BALLET BARRE WORKOUT No prior dance training required. A stretch and ballet technique class that develops long, lean limbs as well as usable skill. Benefits your overall cardiovascular conditioning.

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

BARRE BOOTCAMP Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

BARRE FIT CARDIO Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BOOTY BLAST Dedicated to the bottom half:

glutes, hips, thighs and abs. Burning buns and a blast!

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

DEFINITIONS An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

H.I.T. FULL BODY CONDITIONING "High Intensity Training" full body sequence will help tone and define arms, shoulders, legs, chest abdominals & lower back.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

SWEAT A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

DANCE

DANCE! Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

BOXING & MARTIAL ARTS

BOXING BOOT CAMP Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

FIGHTING FIT LONDON™ Join Nat Roberson & Jamal Akay for the full boxing experience. Class will include the fundamental training aspects of a boxer, skipping, bag-work, groundwork, shadow boxing and more.

KICKBOXING An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

ACTIVE REGENERATION

MEDITATION Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.