

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:15-7:00 MS ♦	Athletic Conditioning <i>Nima Jam</i>	7:00-7:45 MS ♦	H.I.T. Full Body Conditioning Sam Santhaveesuk	6:15-7:00 MS ♦	PURE STRENGTH <i>Hendrick Famutimi</i>	7:00-7:45 MS ♦	Boot Camp Nima Jam	6:15-7:00 MS ♦	Boxing Boot Camp <i>Anthony Fletcher</i>	9:30-10:15 MS ♦	H.I.T. Full Body Conditioning <i>Nima Jam</i>
7:15-8:00 MS ♦	PURE STRENGTH <i>Johnny Foundoulakis</i>	7:15-8:05 PZ ♦	Precision Running® Callum Nicholls	7:15-8:00 MS ♦	METCON3 <i>Hendrick Famutimi</i>	7:15-8:05 PZ ♦	Precision Running® Amanda Hughes	7:15-8:15 PZ ♦	Precision Running® <i>Anthony Fletcher</i>	10:15-11:15 PZ ♦	Precision Running® Chris Peck
7:30-8:30 PZ ♦	Precision Running® <i>Anthony Fletcher</i>	7:45-8:00 MS	Ab Lab Sam Santhaveesuk	7:30-8:30 PZ ♦	Precision Running® <i>Becs Gentry</i>	7:45-8:00 MS	Ab Lab Nima Jam	7:30-8:30 MS ♦	Vinyasa Yoga <i>Kathryn Fielding</i>	10:30-11:30 MS ♦	Vinyasa Yoga <i>Ferdi Skoberla</i>
12:15-1:00 MS ♦	Whipped! Alex Lawson	8:15-9:15 MS ♦	Vinyasa Yoga Adam Husler	12:15-1:00 MS ♦	Boxing Boot Camp Robert Lynch	12:15-1:00 MS ♦	Formula Hugo Diez	12:00-12:15 MS	Ab Lab Sam Santhaveesuk	11:30-12:00 MS ♦	Meditation <i>Ferdi Skoberla</i>
12:30-1:30 PZ ♦	Precision Running® Becs Gentry	12:15-1:00 MS ♦	METCON3 <i>Hendrick Famutimi</i>	12:30-1:30 PZ ♦	Precision Running® Amanda Hughes	1:00-2:00 PZ ♦	Precision Running® Becs Gentry	12:15-1:00 MS ♦	H.I.T. Full Body Conditioning Sam Santhaveesuk		
1:15-1:45 MS ♦	THE CUT: Jump Rope Alex Lawson	1:00-2:00 PZ ♦	Precision Running® Callum Nicholls	1:15-2:00 MS ♦	Barre Michelle Morrey	1:15-2:00 MS ♦	Pilates Will Weatherall	1:15-2:15 MS ♦	Power Yoga <i>Celest Pereira</i>		
5:30-6:00 MS	Best Abs Ever <i>Alex Lawson</i>	1:15-2:00 MS ♦	PURE STRENGTH Hendrick Famutimi	5:30-6:15 MS ♦	Tabata <i>Anthony Fletcher</i>	5:45-6:30 MS ♦	METCON3 <i>Hendrick Famutimi</i>	5:30-6:30 MS ♦	Vinyasa Yoga Holly Davis		
6:15-7:00 MS ♦	Stacked! <i>Alex Lawson</i>	5:45-6:30 MS ♦	H.I.T. Full Body Conditioning <i>Nima Jam</i>	6:00-7:00 PZ ♦	Precision Running® <i>Becs Gentry</i>	6:00-7:00 PZ ♦	Precision Running® Chris Peck	5:45-6:45 PZ ♦	Precision Running® <i>Amanda Hughes</i>		
6:30-7:30 PZ ♦	Precision Running® Chris Peck	6:30-7:30 PZ ♦	Precision Running® Becs Gentry	6:30-7:15 MS ♦	Boxing Boot Camp <i>Anthony Fletcher</i>	6:45-7:45 MS ♦	Yin Yoga <i>Michael-Caleb George</i>				
7:15-8:15 MS ♦	Power Yoga <i>Caroline Graham-Wood</i>	6:45-7:30 MS ♦	PURE STRENGTH <i>Johnny Foundoulakis</i>								

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MON - THU: 6:00 AM - 10:00 PM

FRI: 6:00 AM - 9:00 PM

SAT: 9:00 AM - 1:00 PM

GENERAL MANAGER
DANIEL BREWIS

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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

PZ	PR Zone
MS	Main Studio

WHAT'S NEW THIS MONTH
Graceful. Intense.
Extraordinary. Pack a day's
worth of cardio into a burst
of fierce, dance-inspired
athleticism, with our newest
signature class, THE MUSE.

◇ 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.

◇ YOGA

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.

YIN YOGA A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga.

◇ ATHLETIC TRAINING

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

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

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.

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.

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

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.

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.

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!

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

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.

◇ 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.

◇ 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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.

◇ 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.