

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:45 PZ ◆ Precision Run® <i>Sandy Wasserbach</i>	7:00-7:45 MS ◆ Tabata Max <i>Vitor Metzker Fernandes</i>	7:00-7:45 PZ ◆ Precision Run® <i>Christie Pearson</i>	7:00-7:45 MS ◆ Stacked! <i>Layton Taylor</i>	7:00-7:50 PZ ◆ Precision Run: Circuit Justin Reid-Simms	9:00-9:45 MS ◆ Athletic Conditioning <i>Lucy Usher</i>
7:15-8:05 MS ◆ METCON3 <i>Waz Ashayer</i>	12:15-1:00 MS ◆ METCON3 <i>Hendrick Famutimi</i>	7:15-8:00 MS ◆ STRONG <i>Hendrick Famutimi</i>	12:15-1:00 MS ◆ Best Butt Ever <i>Michelle Morrey</i>	7:15-8:15 MS ◆ Vinyasa Yoga <i>Bethany Watts</i>	9:45-10:35 PZ ◆ Precision Run® <i>Waz Ashayer</i>
12:15-1:05 MS ◆ Ropes and Rowers Johnny Fountoulakis	12:30-1:15 PZ ◆ Precision Run® <i>Nicky Lopez</i>	12:15-1:00 MS ◆ Tabata Max <i>Charlie Peters</i>	12:30-1:15 PZ ◆ Precision Run® <i>Deena Pierce</i>	12:15-1:00 MS ◆ STRONG Mei	10:00-10:45 MS ◆ Pilates Mat <i>James Shaw</i>
12:30-1:15 PZ ◆ Precision Run® <i>Deena Pierce</i>	1:15-2:15 MS ◆ Vinyasa Yoga <i>Mira Khreino</i>	1:15-2:00 MS ◆ Pilates Mat <i>Michelle Morrey</i>	1:15-2:15 MS ◆ Vinyasa Yoga <i>Daniela Olds</i>	1:15-2:00 MS ◆ Boxing Robert Lynch	11:00-12:00 MS ◆ Athletic Stretch <i>Aurora Bowkett</i>
5:30-6:15 MS ◆ Stacked! Alex Rennie	5:30-6:15 PZ ◆ Precision Run® Justin Reid-Simms	5:30-6:30 MS ◆ Vinyasa Yoga <i>Antonia Reed-Felstead</i>	5:15-6:00 MS ◆ TRX Max Omar Mansour	5:00-6:00 MS ◆ Yin Yoga <i>Ferdi Skoberla</i>	12:15-1:00 MS ◆ Boxing <i>Robert Lynch</i>
6:30-7:30 MS ◆ Vinyasa Yoga <i>Daniela Olds</i>	6:30-7:15 MS ◆ Muay Thai Daniel Terry	6:45-7:30 MS ◆ Athletic Conditioning <i>Waz Ashayer</i>	6:15-7:00 MS ◆ Pilates Mat <i>Marcela Rafalowska</i>		

EQUINOX

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MON - THU: 6:00AM - 9:00PM

FRI: 6:00AM - 8:00PM

SAT: 8:00AM - 2:00PM

GROUP FITNESS MANAGER

sandra.wasserbach@equinox.com

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

RUNNING

PRECISION RUN: CIRCUIT A track and field-based treadmill workout, created by running expert, David Siik. Combine intervals and drills using customized bands to increase your strength and speed. An Equinox exclusive.

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.

YOGA

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.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

METCONS 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. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

TRX MAX A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

PILATES

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.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

MUAY THAI Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure.

STRETCH AND RECOVERY

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.