

**Bold** New Class, Instructor, or Time  
 ◆ Advance sign-up required

| MONDAY  |  | TUESDAY  |  | WEDNESDAY  |   | THURSDAY |  | FRIDAY |  | SATURDAY |  |
|---|--|--|--|--|---|----------|--|--------|--|----------|--|
| 6:15-7:00<br>MS ◆<br>Stacked!<br><i>Johnny Fountoulakis</i>         | 6:30-7:15<br>TR ◆<br>Precision Run®<br><i>Alex Lawson</i>        | 6:15-7:00<br>MS ◆<br>Tabata Max<br><i>Layton Taylor</i>            | 6:30-7:20<br>MS ◆<br>METCON3<br><i>Waz Ashayer</i>                   | 7:00-7:50<br>MS ◆<br>Rounds<br><i>Charlie Peters</i>         | 9:30-10:15<br>YS ◆<br>Barre<br><i>Bethany Watts</i>                 |          |  |        |  |          |  |
| 6:45-7:30<br>CS ◆<br>Cycle Beats<br><i>Layton Taylor</i>            | 7:15-8:00<br>YS ◆<br>Barre<br><i>Yaz Mohamed</i>                 | 7:00-7:45<br>CS ◆<br>Cycle Power<br><i>Johnny Fountoulakis</i>     | 7:15-8:15<br>YS ◆<br>Athletic Yoga<br><i>Lydia Lim</i>               | 7:15-8:15<br>YS ◆<br>Vinyasa Yoga<br><i>Daniela Olds</i>     | 9:45-10:30<br>CS ◆<br>Cycle Beats<br><i>Lucy Usher</i>              |          |  |        |  |          |  |
| 7:00-7:45<br>YS ◆<br>Pilates Mat<br><i>Li Lin Chung</i>             | 7:30-8:15<br>MS ◆<br>METCON3<br><i>Alex Lawson</i>               | 7:30-8:15<br>MS ◆<br>STRONG<br><i>Layton Taylor</i>                | 7:45-8:30<br>TR ◆<br>Precision Run®<br><i>Waz Ashayer</i>            | 8:00-8:50<br>TR ◆<br>Precision Run®<br><i>Charlie Peters</i> | 10:00-11:00<br>FF ◆<br>PGX: Pop-up<br><i>Natalie Hope</i>           |          |  |        |  |          |  |
| 7:30-8:30<br>MS ◆<br>Ropes and Rowers<br><i>Johnny Fountoulakis</i> | 12:15-1:00<br>YS ◆<br>Pilates Mat<br><i>Marcela Rafalowska</i>   | 12:15-1:15<br>YS ◆<br>Vinyasa Yoga<br><i>Antonia Reed-Felstead</i> | 12:00-12:45<br>TR ◆<br>Precision Run®<br><i>Justin Reid-Simms</i>    | 12:30-1:15<br>MS ◆<br>METCON3<br><i>Natalie Hope</i>         | 11:00-11:45<br>YS ◆<br>Pilates Mat<br><i>Bethany Watts</i>          |          |  |        |  |          |  |
| 12:15-1:15<br>YS ◆<br>Vinyasa Yoga<br><i>Lydia Lim</i>              | 12:30-1:15<br>MS ◆<br>STRONG<br><i>Layton Taylor</i>             | 12:30-1:20<br>MS ◆<br>Athletic Conditioning<br><i>Lucy Usher</i>   | 12:15-1:00<br>YS ◆<br>Barre<br><i>Yaz Mohamed</i>                    | 1:00-1:45<br>CS ◆<br>Cycle Power<br><i>Nicky Lopez</i>       | 11:15-12:00<br>MS ◆<br>Athletic Conditioning<br><i>Natalie Hope</i> |          |  |        |  |          |  |
| 12:30-1:20<br>MS ◆<br>METCON3<br><i>Charlie Peters</i>              | 1:00-1:45<br>TR ◆<br>Precision Run®<br><i>Deena Pierce</i>       | 1:00-1:45<br>CS ◆<br>Cycle Power<br><i>Layton Taylor</i>           | 12:30-1:20<br>MS ◆<br>Ropes and Rowers<br><i>Johnny Fountoulakis</i> | 5:00-6:00<br>FF ◆<br>PGX: Pop-up<br><i>Waz Ashayer</i>       | 12:30-1:30<br>YS ◆<br>Vinyasa Yoga<br><i>Daniela Olds</i>           |          |  |        |  |          |  |
| 1:00-1:45<br>CS ◆<br>Cycle Beats<br><i>Nicky Lopez</i>              | 5:15-6:00<br>MS ◆<br>Master of One<br><i>Johnny Fountoulakis</i> | 5:15-6:00<br>YS ◆<br>Pilates Mat<br><i>Tara Lee Oakley</i>         | 1:00-1:45<br>CS ◆<br>Cycle Beats<br><i>Lucy Usher</i>                |  |   |          |  |        |  |          |  |
| 5:15-6:00<br>YS ◆<br>Barre<br><i>Tara Lee Oakley</i>                | 5:30-6:20<br>TR ◆<br>Precision Run®<br><i>Charlie Peters</i>     | 5:30-6:15<br>CS ◆<br>Cycle Beats<br><i>Nicky Lopez</i>             | 5:30-6:15<br>MS ◆<br>Boxing<br><i>Richie Edwards</i>                 |  |   |          |  |        |  |          |  |
| 5:30-6:20<br>CS ◆<br>The Pursuit: Build<br><i>Sandy Wasserbach</i>  | 5:45-6:45<br>YS ◆<br>Vinyasa Yoga<br><i>Adam Husler</i>          | 5:45-6:30<br>MS ◆<br>Tabata Max<br><i>Vitor Metzker</i>            | 5:45-6:45<br>YS ◆<br>Yin Yoga<br><i>Ferdi Skoberla</i>               |  |   |          |  |        |  |          |  |
| 5:45-6:35<br>TR ◆<br>Precision Run®<br><i>Christie Pearson</i>      | 6:00-6:45<br>CS ◆<br>Cycle Beats<br><i>Layton Taylor</i>         | 6:15-7:15<br>YS ◆<br>Yoga Strong<br><i>Bethany Watts</i>           | 6:30-7:15<br>MS ◆<br>Stacked!<br><i>Johnny Fountoulakis</i>          |  |   |          |  |        |  |          |  |
| 6:00-6:45<br>MS ◆<br>STRONG<br><i>Natalie Hope</i>                  | 6:30-7:15<br>MS ◆<br>Tabata Max<br><i>Charlie Peters</i>         | 6:30-7:15<br>TR ◆<br>Precision Run®<br><i>Nicky Lopez</i>          |  |  |   |          |  |        |  |          |  |
| 7:00-8:00<br>YS ◆<br>Hatha Yoga (HEATED)<br><i>Devina Vig</i>       | 7:30-8:15<br>MS ◆<br>Boxing<br><i>Charlie Peters</i>             |  |  |  |   |          |  |        |  |          |  |

## BISHOPSGATE

8 CLERK'S PLACE  
LONDON EC3A 8AQ  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 6:00AM - 9:00PM  
**FRI:** 6:00AM - 8:00PM  
**SAT:** 8:00AM - 2:00PM

## GROUP FITNESS MANAGER

wassim.ashayer@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

|    |                |
|----|----------------|
| MS | Main Studio    |
| CS | Cycling Studio |
| YS | Yoga Studio    |
| TR | Treadmill Area |
| FF | FITNESS FLOOR  |

## WHAT'S NEW THIS MONTH

### CYCLING

**CYCLE BEATS** 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.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

**THE PURSUIT: BUILD** Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

### RUNNING

**PRECISION RUNS** 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.

### YOGA

**ATHLETIC YOGA** 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.

**HATHA YOGA (HEATED)** 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.

**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.

**YOGA STRONG** Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

### 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.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

**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.

**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.

**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.

### BARRE

**BARRE** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

### 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.

**ROUNDS** Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.