



**HAMPTONS**

May - 2026 | SCHEDULE EFFECTIVE 05.01.26-05.31.26

**KEY Studio key on back**

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

<b>MONDAY</b>		<b>TUESDAY</b>		<b>FRIDAY</b>		<b>SATURDAY</b>		<b>SUNDAY</b>	
8:30-9:15 OD *	Circuit Training <i>Waz Ashayer</i>	8:30-9:15 GS *	Stacked <i>Waz Ashayer</i>	8:30-9:15 GS *	Circuit Training <i>John Morales</i>	8:30-9:15 GS *	Athletic Conditioning <i>John Morales</i>	8:30-9:20 GS *	MetCon3 <i>John Morales</i>
9:30-10:30 GS *	Vinyasa Yoga <i>Lauren Musselman</i>			10:30-11:30 GS *	Vinyasa Yoga <i>Victoria Gibbs</i>	9:30-10:15 GS *	Pilates Mat <i>Victoria Gibbs</i>	10:30-11:30 GS *	Vinyasa Yoga <i>Victoria Gibbs</i>

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## HAMPTONS

204 Butter Lane

BRIDGEHAMPTON NY 11932

EQUINOX.COM

@EQUINOX

**MON-THU** 06:00 AM 06:00 PM

**FRI** 06:00 AM 05:00 PM

**SAT-SUN** 07:00 AM 04:00 PM

## GROUP FITNESS MANAGER

waz.ashayer@equinox.com

**SIGNATURE CLASSES.**

**ACCLAIMED INSTRUCTORS.**

**TRANSFORMED BODIES.**

## STUDIO KEY

OD Outdoor

GS GF Shed

## CLASS LEVEL GUIDE

**(All levels welcome unless otherwise noted.)**

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## ◇ 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.

## ◇ 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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

## ◇ 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.