



HAMPTONS

June 2026 | SCHEDULE EFFECTIVE 06.01.26-06.30.26

KEY Studio key on back

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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 *	Cardio Sculpt <i>Stephanie Levinson</i>	8:30-9:15 GS *	Kettlebell Power <i>John Morales</i>	8:30-9:15 GS *	Circuit Training <i>Waz Ashayer</i>	7:30-8:15 TR *	Fully Vested <i>Waz Ashayer</i>	8:30-9:20 GS *	MetCon3 <i>Waz Ashayer</i>
9:30-10:30 GS *	Vinyasa Yoga <i>Tomasin Marshall</i>			9:30-10:30 GS *	Vinyasa Yoga <i>Lisa Miller</i>	9:30-10:15 GS *	Pilates Mat <i>Larissa Crecco</i>	10:30-11:30 GS *	Vinyasa Yoga <i>Lauren Musselman</i>	8:30-9:15 GS *	Athletic Conditioning <i>Waz Ashayer</i>	10:30-11:30 GS *	Vinyasa Yoga <i>Tomasin Marshall</i>
										9:30-10:15 GS *	Pilates Mat <i>Larissa Crecco</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

TR Treadmill Area

OD Outdoor

GS GF Shed

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



Running

Fully Vested Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. 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.



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.

Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

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.



Sculpt

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.