What are the hours at Physical Equilibrium’s fitness and wellness center?

General PHYSEQ FAQs · https://physeq.com/phys-eq-faq/what-are-the-hours-at-physical-equilibriums-fitness-and-wellness-center/

What hours is Physical Equilibrium open in Midtown Manhattan and East Hampton?

Since we are mostly a private appointment based facility for personal training, Pilates, acupuncture, and massage, at both locations, our hours can vary based on specific trainer and practitioner availability. Generally we accept appointment bookings weekdays (Mon-Fri) from 6am - 8pm, and weekends (Sat-Sun) from 8am-4pm. Although if a client needs an appointment outside of those hours we can do our best to accommodate what is requested.

Please fill out our contact form on our website, or call/text +19178736100 to inquire about specific availability.