



PRIMAL ATHLETICS - DECEMBER 2018



80-16 LAKE AVE S. NESCONSET NY 11767 (631) 686-5171

***FREE ONE-WEEK MEMBERSHIP TRIAL TO ANY NEW CLIENT!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PETE'S CLASSES AMYLE'S CLASSES MIKE'S CLASSES LIAN'S CLASSES BRIAN'S CLASSES KATE'S CLASSES BARBARA'S CLASSES						7-7:45 - CYCLING 7:45-8:45 - TOUGH TRAINING 8:45-9:30 - PILATES 9:30-10:30 - BOXING
7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	5:00 - BOOTCAMP 8:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	5:00 - RISE & GRIND 6:00 - CYCLING 9:30 - BOOTCAMP 6:30 - STRENGTH & CONDITIONING	5:00 - BODY BURN 8:30 - STRENGTH CIRCUIT 9:30 - CARDIO FUSION 5:45 - WORKOUT OF DAY	5:00 - RISE & GRIND 6:00 - CYCLEFUSION 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP 7:00 - CYCLEFUSION	5:00 - TREAD & SHED 8:30 - STRENGTH CIRCUIT 9:30 - HIT IT HARD	7-7:45 - CYCLING 7:45-8:45 - TOUGH TRAINING 8:45-9:30 - PILATES 9:30-10:30 - BOXING
7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	5:00 - BOOTCAMP 8:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	5:00 - RISE & GRIND 6:00 - CYCLING 9:30 - BOOTCAMP 6:30 - STRENGTH & CONDITIONING	5:00 - BODY BURN 8:30 - STRENGTH CIRCUIT 9:30 - CARDIO FUSION 5:45 - WORKOUT OF DAY	5:00 - RISE & GRIND 6:00 - CYCLEFUSION 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP 7:00 - CYCLEFUSION	5:00 - TREAD & SHED 8:30 - STRENGTH CIRCUIT 9:30 - HIT IT HARD	7-7:45 - CYCLING 7:45-8:45 - TOUGH TRAINING 8:45-9:30 - PILATES 9:30-10:30 - BOXING
7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	5:00 - BOOTCAMP 8:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	5:00 - RISE & GRIND 6:00 - CYCLING 9:30 - BOOTCAMP 6:30 - STRENGTH & CONDITIONING	5:00 - BODY BURN 8:30 - STRENGTH CIRCUIT 9:30 - CARDIO FUSION 5:45 - WORKOUT OF DAY	5:00 - RISE & GRIND 6:00 - CYCLEFUSION 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP 7:00 - CYCLEFUSION	5:00 - TREAD & SHED 8:30 - STRENGTH CIRCUIT 9:30 - HIT IT HARD	7-7:45 - CYCLING 7:45-8:45 - TOUGH TRAINING 8:45-9:30 - PILATES 9:30-10:30 - BOXING
7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	CHRISTMAS EVE GYM HOURS: 5AM-2PM HOLIDAY WOD'S WOD #1 - 8:30AM WOD #2 - 9:30AM	CHRISTMAS DAY GYM CLOSED	5:00 - BODY BURN 8:30 - STRENGTH CIRCUIT 9:30 - CARDIO FUSION 5:45 - WORKOUT OF DAY	5:00 - RISE & GRIND 6:00 - CYCLEFUSION 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP 7:00 - CYCLEFUSION	5:00 - TREAD & SHED 8:30 - STRENGTH CIRCUIT 9:30 - HIT IT HARD	7-7:45 - CYCLING 7:45-8:45 - TOUGH TRAINING 8:45-9:30 - PILATES 9:30-10:30 - BOXING
7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	NEW YEAR'S EVE GYM HOURS: 5AM-8PM 5:00 - BOOTCAMP 8:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	NEW YEAR'S DAY HOLIDAY SCHEDULE 7:00AM - RISE & GRIND 9:30AM - BOOTCAMP				

Gym Hours: Monday-Thursday 5am-9:00pm, Friday 5am-8:00pm, Saturday 7:00am-5:00pm, Sunday 8:00am-2:00pm

\$20/class for non-members