




# PRIMAL ATHLETICS - JANUARY 2019



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
<b>PETE'S CLASSES</b> <b>AMYEE'S CLASSES</b> <b>MIKE'S CLASSES</b> <b>LI'S CLASSES</b> <b>BRIAN'S CLASSES</b> <b>KATE'S CLASSES</b> <b>BARBARA'S CLASSES</b>		5:00 - <b>RISE &amp; GRIND</b> 6:15 - <b>CYCLING</b> 9:30 - <b>BOOTCAMP</b> 6:30 - <b>STRENGTH &amp; CONDITIONING</b>	5:00 - <b>BODY BURN</b> 8:30 - <b>STRENGTH CIRCUIT</b> 9:30 - <b>CARDIO FUSION</b> 5:45 - <b>WORKOUT OF DAY</b>	5:00 - <b>RISE &amp; GRIND</b> 6:15 - <b>CYCLEFUSION</b> 9:30 - <b>WAR &amp; PETE</b> 5:45 - <b>WARRIOR MASH-UP</b> 7:00 - <b>CYCLEFUSION</b>	5:00 - <b>TREAD &amp; SHED</b> 8:30 - <b>STRENGTH CIRCUIT</b> 9:30 - <b>HIT IT HARD</b>	7-7:45 - <b>CYCLING</b> 7:45-8:45 - <b>TOUGH TRAINING</b> 8:45-9:30 - <b>PILATES</b> 9:30-10:30 - <b>BOXING</b>
7:45 <b>CYCLEFUSION</b> 8:45-9:30 - <b>PILATES</b> 9:45-10:45 - <b>WORKOUT OF THE DAY</b>	5:00 - <b>BOOTCAMP</b> 8:30 - <b>BOOTCAMP</b> 6:30 - <b>TOTAL BODY KICKBOXING</b>	5:00 - <b>RISE &amp; GRIND</b> 6:15 - <b>CYCLING</b> 9:30 - <b>BOOTCAMP</b> 6:30 - <b>STRENGTH &amp; CONDITIONING</b>	5:00 - <b>BODY BURN</b> 8:30 - <b>STRENGTH CIRCUIT</b> 9:30 - <b>CARDIO FUSION</b> 5:45 - <b>WORKOUT OF DAY</b>	5:00 - <b>RISE &amp; GRIND</b> 6:15 - <b>CYCLEFUSION</b> 9:30 - <b>WAR &amp; PETE</b> 5:45 - <b>WARRIOR MASH-UP</b> 7:00 - <b>CYCLEFUSION</b>	5:00 - <b>TREAD &amp; SHED</b> 8:30 - <b>STRENGTH CIRCUIT</b> 9:30 - <b>HIT IT HARD</b>	7-7:45 - <b>CYCLING</b> 7:45-8:45 - <b>TOUGH TRAINING</b> 8:45-9:30 - <b>PILATES</b> 9:30-10:30 - <b>BOXING</b>
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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