






PRIMAL ATHLETICS - FEBRUARY 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
PETE'S CLASSES AMYEE'S CLASSES MIKE'S CLASSES LEAN'S CLASSES BRIAN'S CLASSES KATE'S CLASSES HAYLEY'S CLASSES ROY'S CLASSES			EVERY PRO WAS ONCE AN AMATEUR. EVERY EXPERT WAS ONCE A BEGINNER. SO DREAM BIG AND START NOW.		5:00 - TREAD & SHED 8:30 - STRENGTH CIRCUIT 9:30 - HIT IT HARD	6:45-7:30 - CYCLING 7:30-8:30- TOUGH TRAINING I 8:30-9:30 - TOUGH TRAINING II 9:30-10:30 - BOXING
7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	5:00 - BOOTCAMP 6:15 - BOOTCAMP 8:30 - BOOTCAMP 9:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	5:00 - RISE & GRIND 6:15 - CYCLING 9:30 - BOOTCAMP 4:00 - 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 6:15 - 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	6:45-7:30 - CYCLING 7:30-8:30- TOUGH TRAINING I 8:30-9:30 - TOUGH TRAINING II 9:30-10:30 - BOXING
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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