



PRIMAL ATHLETICS - MARCH 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 HAYES'S CLASSES ROY'S CLASSES	 Happy St. Patrick's Day		 Happy St. Patrick's Day		5:00 - TREAD & SHED 8:30 - STRENGTH CIRCUIT 9:30 - HIT IT HARD 4:00 - BOOTCAMP	7:00 - CYCLING 7:45- TOUGH TRAINING 8:45 - FAT BURNING 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 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 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 4:00 - BOOTCAMP	7:00 - CYCLING 7:45- TOUGH TRAINING 8:45 - FAT BURNING PILATES 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