



PRIMAL ATHLETICS - MAY 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 LIAN'S CLASSES BRIAN'S CLASSES KATE'S CLASSES BARBARA'S CLASSES ROY'S CLASSES			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	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	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	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	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	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	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

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**