PRIMAL ATHLETICS - AUGUST 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 LIA'S CLASSES DAN'S CLASSES KATE'S CLASSES BARBARA'S CLASSES ROY'S CLASSES				1 5:00 - RISE & GRIND 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP	2 5:30 - RISE & GRIND 8:30 - STRENGTH CIRCUIT 9:30 - HIIT IT HARD 4:00 - BOOTCAMP	3 7:00 - CYCLING 7:45-TOUGH TRAINING 8:45 - FAT BURNING PILATES 9:30-10:30 - BOXING
4 7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	5 5:00 - BOOTCAMP 8:30 - BOOTCAMP 9:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	6 5:30 - TREAD & SHED 6:15 - CYCLING 9:30 - BOOTCAMP 4:00 - BOOTCAMP 6:30 - STRENGTH & CONDITIONING	7 5:00 - BODY BURN 8:30 - STRENGTH CIRCUIT 9:30 - CARDIO FUSION 5:45 - WORKOUT OF DAY	8 5:00 - RISE & GRIND 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP	9 5:30 - RISE & GRIND 8:30 - STRENGTH CIRCUIT 9:30 - HIIT IT HARD 4:00 - BOOTCAMP	10 7:00 - CYCLING 7:45-TOUGH TRAINING 8:45 - FAT BURNING PILATES 9:30-10:30 - BOXING
11 7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	12 5:00 - BOOTCAMP 8:30 - BOOTCAMP 9:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	13 5:30 - TREAD & SHED 6:15 - CYCLING 9:30 - BOOTCAMP 4:00 - BOOTCAMP 6:30 - STRENGTH & CONDITIONING	14 5:00 - BODY BURN 8:30 - STRENGTH CIRCUIT 9:30 - CARDIO FUSION 5:45 - WORKOUT OF DAY	15 5:00 - RISE & GRIND 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP	16 5:30 - RISE & GRIND 8:30 - STRENGTH CIRCUIT 9:30 - HIIT IT HARD 4:00 - BOOTCAMP	17 7:00 - CYCLING 7:45-TOUGH TRAINING 8:45 - FAT BURNING PILATES 9:30-10:30 - BOXING
18 7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	19 5:00 - BOOTCAMP 8:30 - BOOTCAMP 9:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	20 5:30 - TREAD & SHED 6:15 - CYCLING 9:30 - BOOTCAMP 4:00 - BOOTCAMP 6:30 - STRENGTH & CONDITIONING	21 5:00 - BODY BURN 8:30 - STRENGTH CIRCUIT 9:30 - CARDIO FUSION 5:45 - WORKOUT OF DAY	22 5:00 - RISE & GRIND 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP	23 5:30 - RISE & GRIND 8:30 - STRENGTH CIRCUIT 9:30 - HIIT IT HARD 4:00 - BOOTCAMP	24 7:00 - CYCLING 7:45-TOUGH TRAINING 8:45 - FAT BURNING PILATES 9:30-10:30 - BOXING
25 7:45 CYCLEFUSION 8:45-9:30 - PILATES 9:45-10:45 - WORKOUT OF THE DAY	26 5:00 - BOOTCAMP 8:30 - BOOTCAMP 9:30 - BOOTCAMP 6:30 - TOTAL BODY KICKBOXING	27 5:30 - TREAD & SHED 6:15 - CYCLING 9:30 - BOOTCAMP 4:00 - BOOTCAMP 6:30 - STRENGTH & CONDITIONING	28 5:00 - BODY BURN 8:30 - STRENGTH CIRCUIT 9:30 - CARDIO FUSION 5:45 - WORKOUT OF DAY	29 5:00 - RISE & GRIND 9:30 - WAR & PETE 5:45 - WARRIOR MASH-UP	30 5:30 - RISE & GRIND 8:30 - STRENGTH CIRCUIT 9:30 - HIIT IT HARD 4:00 - BOOTCAMP	31 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**