



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

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