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

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