

ON THE GO FITNESS

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JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WE NOW OFFER BABYSITTING</p> <p>Monday through Friday 9 am - 11 am Monday through Thursday 5 pm - 7 pm Saturday 9 - 11 am</p>				<p>1</p> <p>9:30am-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7:00pm- Circuit Class 7:30pm- Cycling</p>	<p>2</p> <p>6:15am- Cycling 9:30am- Yoga-lates 9:30- Boot Camp</p>	<p>3</p> <p>8:00am- Cycling 9:00am- Boot Camp 10:00am- Kids Fitness</p>
<p>4</p> <p>CLOSED!</p>	<p>5</p> <p>NO CLASSES OPEN 7AM-2PM</p>	<p>6</p> <p>6:15-Sm.Group Training 9:30am- Circuit 10:00am- Boxing 5pm- Kids Fitness 6pm-Speed&Agility 7:00pm- Bodybar 7:30pm- Cycling</p>	<p>7</p> <p>9:30am- Adult Team Training 6:45pm- Yoga 7:00pm - Kickboxing</p>	<p>8</p> <p>9:30am-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7:00pm- Circuit Class 7:30pm- Cycling</p>	<p>9</p> <p>6:15am- Cycling 9:30am- Yoga-lates 9:30- Boot Camp</p>	<p>10</p> <p>8:00am- Cycling 9:00am- Boot Camp 10:00am- Kids Fitness</p>
<p>11</p> <p>9:15am- RealRyder (in Setauket)</p>	<p>12</p> <p>9:30am- Body Sculpting</p>	<p>13</p> <p>6:15-Sm.Group Training 9:30am- Circuit 10:00am- Boxing 5pm- Kids Fitness 6pm- Speed & Agility 7:00pm- Bodybar 7:30pm- Cycling</p>	<p>14</p> <p>9:30am- Adult Team Training 6:45pm- Yoga 7:00pm - Kickboxing</p>	<p>15</p> <p>9:30am-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7:00pm- Circuit Class 7:30pm- Cycling</p>	<p>16</p> <p>6:15am- Cycling 9:30am- Yoga-lates 9:30- Boot Camp</p>	<p>17</p> <p>8:00am- Cycling 9:00am- Boot Camp 10:00am- Kids Fitness</p>
<p>18</p> <p>9:15am- RealRyder (in Setauket)</p>	<p>19</p> <p>9:30am- Body Sculpting</p>	<p>20</p> <p>9:30am- Circuit 10:00am- Boxing 5pm- Kids Fitness 6pm-Speed & Agility 7:00pm- Bodybar 7:30pm- Cycling</p>	<p>21</p> <p>9:30am-Adult Team Training 6:45pm- Yoga 7:00pm - Kickboxing</p>	<p>22</p> <p>9:30am-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7:00pm- Circuit Class 7:30pm- Cycling</p>	<p>23</p> <p>6:15am- Cycling 9:30am- Yoga-lates 9:30- Boot Camp</p>	<p>24</p> <p>8:00am- Cycling 9:00am- Boot Camp 10:00am- Kids Fitness</p>
<p>25</p> <p>9:15am- RealRyder (in Setauket)</p>	<p>26</p> <p>9:30- Body Sculpting</p>	<p>27</p> <p>6:15-Sm.Group Training 9:30am- Circuit 10am- Boxing 5pm- Kids Fitness 6pm-Speed & Agility 7:00pm- Bodybar 7:30pm-Cycling</p>	<p>28</p> <p>9:30am-Adult Team Training 6:45pm- Yoga 7:00pm - Kickboxing</p>	<p>29</p> <p>9:30am-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7:00pm- Circuit Class 7:30pm- Cycling</p>	<p>30</p> <p>6:15am- Cycling 9:30am- Yoga-lates 9:30- Boot Camp</p>	<p>31</p> <p>8:00am- Cycling 9:00am- Boot Camp 10:00am- Kids Fitness</p>
<p>Monday through Thursday - 5:30 am - 9:00 pm Friday - 5:30 am - 7:30 pm Saturday - 7:00 am - 3:00 pm Sunday - 8:00 am - 12:00 pm</p>						

