

ON THE GO FITNESS

MARCH

80-16 LAKE AVE S. NESCONSET NY 11767 631.686.5171

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30- Body Sculpting 6pm- Adult Team Training	2 9:30am- Circuit 10am- Boxing 5pm- Kids Fitness 6pm- Speed & Agility 7pm- Bodybar 7:30- Cycling	3 6am- Cycling 9:30- Adult Team Training 7pm- Yoga	4 9:30-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7pm- Circuit Class 7:30- Cycling	5 9:30- Yoga-lates	6 8am- Cycling 9am- Boot Camp 10am- Yoga 10am- Kids Fitness
7 9:15- Cycling	8 9:30- Body Sculpting 6pm- Adult Team Training	9 9:30am- Circuit 10am- Boxing 5pm- Kids Fitness 6pm- Speed & Agility 7pm- Bodybar 7:30- Cycling	10 6am- Cycling 9:30- Adult Team Training 7pm- Yoga	11 9:30-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7pm- Circuit Class 7:30- Cycling	12 9:30- Yoga-lates	13 8am- Cycling 9am- Boot Camp 10am- Yoga 10am- Kids Fitness
14 9:15- Cycling	15 9:30- Body Sculpting 6pm- Adult Team Training	16 9:30am- Circuit 10am- Boxing 5pm- Kids Fitness 6pm- Speed & Agility 7pm- Bodybar 7:30- Cycling	17 6am- Cycling 9:30- Adult Team Training 7pm- Yoga	18 9:30-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7pm- Circuit Class 7:30- Cycling	19 9:30- Yoga-lates	20 8am- Cycling 9am- Boot Camp 10am- Yoga 10am- Kids Fitness
21 9:15- Cycling	22 9:30- Body Sculpting 6pm- Adult Team Training	23 9:30am- Circuit 10am- Boxing 5pm- Kids Fitness 6pm-Speed & Agility 7pm- Bodybar 7:30- Cycling	24 6am- Cycling 9:30-Adult Team Training 7pm- Yoga	25 9:30-War & Peace 10:15am- Cycling 6pm- Speed & Agility 7pm- Circuit Class 7:30- Cycling	26 9:30- Yogalates	27 8am- Cycling 9am- Boot Camp 10am- Yoga 10am- Kids Fitness
28 9:15- Cycling	29 9:30- Body Sculpting 6pm- Adult Team Training	30 9:30am- Circuit 10am- Boxing 5pm- Kids Fitness 6pm-Speed & Agility 7pm- Bodybar 7:30- Cycling	31 6am- Cycling 9:30-Adult Team Training 7pm- Yoga	<p><u>WE NOW OFFER BABYSITTING</u> Monday through Friday 9 am - 11 am Monday through Thursday 5 pm - 7 pm Saturday 9 - 11 am _</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

