

ON THE GO FITNESS

80-16 LAKE AVE S. NESCONSET NY 11767 631.686.5171

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>WE OFFER BABYSITTING</u> Monday through Friday- 9:30am to 11:30am Monday through Thursday- 5:00pm to 7:00pm Saturday- 9:00am to 11:00am</p>			1 7:45am Butt &Gutt 9:30am Adult Team Training 6pm- Piloxing 7pm Hot Yoga 7pm Circuit Class	2 9:30am War&Pete 10:15am CoreBarre 6pm Speed&Agility 6pm Cycling 7pm Circuit Class	3 9:30am Yoga-lates 9:30- Boxing 10:30am Cycling	4 8:30am Cycling 9:00am Zumba 9:30am Boot Camp
5 9:15 Fat Burning Pilates 9:15am Cycling 10:30am Kids Fitness	6 6am- G.P.P.30 7:45am- Butt & Gutt 9:30am BodySculpting 5:30pm Cycling 6:15pm Hellz Bells 7pm Fat Burning Pilates	7 9:30am Circuit 10:15am Core Barre 5:15- Tween Fitness 6pm Speed&Agility 6pm Cycling 7pm Bodybar	8 7:45am Butt &Gutt 9:30am Adult Team Training 6pm- Piloxing 7pm Hot Yoga 7pm Circuit Class	9 9:30am War&Pete 10:15am CoreBarre 6pm Speed&Agility 6pm Cycling 7pm Circuit Class	10 9:30am Yoga-lates 9:30- Boxing 10:30- Cycling	11 8:30am Cycling 9:00am Zumba 9:30am Boot Camp
12 9:15am Fat Burning Pilates 9:15am Cycling 10:30am Kids Fitness	13 6am- G.P.P.30 7:45am- Butt & Gutt 9:30am BodySculpting 5:30pm Cycling 6:15pm Hellz Bells 7pm Fat Burning Pilates	14 9:30am Circuit 10:15am Core Barre 5:15- Tween Fitness 6pm Speed&Agility 6pm Cycling 7pm Bodybar	15 7:45am Butt &Gutt 9:30am Adult Team Training 6pm- Piloxing 7pm Hot Yoga 7pm Circuit Class	16 9:30am War&Pete 10:15am CoreBarre 6pm Speed&Agility 6pm Cycling 7pm Circuit Class	17 9:30am Yoga-lates 9:30- Boxing 10:30am Cycling	18 8:30am Cycling 9:00am Zumba 9:30am Boot Camp
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Gym Hours: Monday-Thursday 5:30am-9:00pm Friday 5:30am-8:00pm Saturday 7:00am-5:00pm Sunday 8:00am-3:00pm

