

# ON THE GO FITNESS *Studio*

# SEPTEMBER

209 MAIN STREET E. SETAUKET, NY 631.675.9500

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30am-Small Group Training	2 9:30am - Small Group Training 7:00pm - Kettlebell	3 4pm- Kettlebell	4 9:30am - Small Group Training 10:15am - Kettlebell
5 10:00am - Small Group Training	6 <b>CLOSED!!!</b>	7 9:30am - Small Group Training 7:00pm - Kettlebell 7:00pm - Zumba	8 9:30am-Small Group Training	9 9:30am - Small Group Training 7:00pm - Kettlebell	10 4pm- Kettlebell	11 9:30am - Small Group Training 10:15am - Kettlebell
12 10:00am - Small Group Training	13 10:30am - Kettlebell	14 9:30am - Small Group Training 7:00pm-Kettlebell 7:00pm - Zumba	15 9:30am - Small Group Training 9:30am- Yoga	16 9:30am - Small Group Training 9:30am- Zumba 7:00pm - Kettlebell	17 4pm- Kettlebell	18 9:30am - Small Group Training 10:15am - Kettlebell
19 10:00am-Small Group Training	20 10:30am - Kettlebell	21 9:30am - Small Group Training 7:00pm-Kettlebell 7:00pm - Zumba	22 9:30am - Small Group Training 9:30am- Yoga	23 9:30am - Small Group Training 9:30am- Zumba 7:00pm - Kettlebell	24 4pm- Kettlebell	25 9:30am - Small Group Training 10:15am - Kettlebell
26 10:00am-Small Group Training	27 10:30am - Kettlebell	28 9:30am - Small Group Training 7:00pm-Kettlebell 7:00pm - Zumba	29 9:30am - Small Group Training 9:30am- Yoga	30 9:30am - Small Group Training 9:30am- Zumba 7:00pm - Kettlebell		

Monday through Thursday - 6:00 am - 9:00 pm    Friday - 7:00 am - 8:00 pm    Saturday - 8:00 am - 3:00 pm    Sunday - 8:00 am - 3:00 pm