

Primal Strength New York Class Schedule

Day	Time	Class
Monday	10:00AM	All Levels Kettlebell
	11:00AM	Movement Restoration
	6:00PM	Adolescent Athlete
	7:00PM	All Levels Kettlebell
	8:00PM	Primal Strong (barbell)
Tuesday	6:30AM	All Levels Kettlebell
	10:00AM	Primal Bootcamp
	6:30PM	Primal Bootcamp
Wednesday	6:30 AM	All Levels Kettlebell
	10:00AM	All Levels Kettlebell
	11:00 AM	Movement Restoration
	6:00PM	Adolescent Athlete
	7:00 PM	All Levels Kettlebell
	8:00 PM	Primal Strong (barbell)
Thursday	10:00AM	Primal Bootcamp
	7:00PM	Movement Restoration
	7:30PM	All Level Kettlebell
Friday	6:30 AM	All Levels Kettlebell
	10:00AM	All Levels Kettlebell
	6:00PM	Adolescent Athlete
Saturday	8:30 AM	Primal Bootcamp
	9:30 AM	Movement Restoration
	10:00 AM	All Levels Kettlebell
	11:00 AM	Kettlebell 101

Schedule as of 12/5/15
 Check our website for any changes to the schedule
www.primalstrengthny.com

