

PRIMAL GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	PRIMAL HIIT Hard Kickboxing 5:00PM - 6:00PM	PRIMAL HIIT Hard Kickboxing 5:00PM - 6:00PM	PRIMAL HIIT Hard Kickboxing 5:00PM - 6:00PM	PRIMAL HIIT Hard Kickboxing 5:00PM - 6:00PM	PRIMAL HIIT Hard Kickboxing 5:00PM - 6:00PM	Open Gym 6:00AM - 9:00AM
PRIMAL HIIT Hard Kickboxing 9:00AM - 10:00AM	Warrior Fit 6:00PM - 6:30PM	Box & Burn 6:00PM - 7:00PM	Warrior Fit 6:00PM - 6:30PM	Box & Burn 6:00PM - 7:00PM	Warrior Fit 6:00PM - 6:30PM	PRIMAL HIIT Hard Kickboxing 9:00AM - 10:00AM
 <small>www.primalgymnj.com</small>	PRIMAL STRIKING Boxing / Kickboxing 6:30PM - 7:30PM	Catch Wrestling 6:00PM - 7:00PM	PRIMAL STRIKING Boxing / Kickboxing 6:30PM - 7:30PM	Catch Wrestling 6:00PM - 7:00PM	PRIMAL STRIKING Boxing / Kickboxing 6:30PM - 7:30PM	Open Gym 10:00AM - 12:00PM
 <small>WWW.PRIMALGYMNJ.COM</small>	Brazilian Jiu-jitsu 7:30PM - 9:00PM	Muay Thai 7:00PM - 8:30PM	Brazilian Jiu-jitsu 7:30PM - 9:00PM	Muay Thai 7:00PM - 8:30PM	Brazilian Jiu-jitsu 7:00PM - 8:00PM	
	CQC / JKD 7:30PM - 9:00PM	MMA Invite Only Scheduled Times	CQC / JKD 7:30PM - 9:00PM	MMA Invite Only Scheduled Times	Open Mat Brazilian Jiu-jitsu 8:00PM - 9:00PM	
	USA BOXING 7:30PM - 9:30PM		USA BOXING 7:30PM - 9:30PM	USA BOXING 7:30PM - 9:30PM	USA BOXING 7:30PM - 9:30PM	

Contact us at

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