



GYM NUMBER

631-412-3686

SUMMER 2008 CLIENT SCHEDULE

CELL NUMBER

631-747-0409

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Taylor Frisch 11:00 AM (631) 682-6021	Carlo Chairelli 4:00 PM (631) 226-7373	Lindsay Laidlaw 10:00 - 11:00 AM (617) 816-2971	Drew Moran 2:30 PM (631) 321-8427	Lindsay Laidlaw 10:00 - 11:00 AM (617) 816-2971	Andre Mytko 4:00 PM (631) 466-4650	D.R.I.F.T. 11:00 AM to 1 PM
LI Bujutsu 2:00PM - 4:00PM (631) 404-7143	Phillip Perrell 5:00 PM (631) 786- 3932	Robert Ploth 11:00 AM (516) 749-2969	William Kennely 3:30 PM (631) 225-6206	Ihor Mytko 4:00 PM (631) 255-7582	John Cordell 5:00 PM (631) 960-2327	Alex Russo 12:00 PM (516) 721-2581
Dan Reagn 4:30PM - 6:30PM (631) 671-6833	Billy Loud 6:00 PM (631) 943-7319	Conner Murray 3:30 PM (516) 728-2392	Alec Nadle 5:00 PM (516) 287-5695	Adam Borawski 5:00 PM (631) 813-6021	Mary Dombrowsk 6:30 PM (631) 300-5399	OPEN SPARRING 1 PM – 3 PM
	Cardio KickBox 7:00PM – 8:00PM (631) 404-7143	Martin Imbembo 6:00 PM (631) 225-8827	Nicky Zanatta 6:00 PM (347) 558-7659	Michael Nemerek 6:00 PM (631) 338-7569		
	Paul Hilding 8:00 PM (631) 871-2833	Carl Baxter 7:00 PM (516) 403-0694	Vincent Trapani 7:00 PM (631) 412-3008	John Graziano 7:00 PM (631) 912-7955		
MEMBERS						
Mike Venturino 8:30 PM (631) 926-6130	Frank DiSclafani 4:00 PM (917) 335 2755	Kevin Lamm 1:00 PM (631) 767-5324	Jeffery Allen 10:00 AM (631) 831-8953	Patrick Gesuele 7:30 PM (718) 719-5520	John Quinn 2:00 PM (631) 365-4385	Dana Nowick 10:00 AM (631) 872-4789
Joe Britt 7:00 PM (631) 680-7993	Ruth Allen 7:00 PM (631) 235-1117	Phyllis Rothstein 4:00 AM (516) 302-5042	Daniel Lopez 2:00 PM (516) 860-9483	Baraka Corley 7:00PM (516) 997-4942	Chris Bauman 7:00PM (631) 884-1604	Adam Abdelaziz 5:00 PM (631) 873-9258
Peter Simonelli 7:30 PM (631) 935-3323	Jerry Imprevento 6:00 PM (516) 286-6508	John Kashinsky 6:00 PM (516) 903-9120	Jerry Donadio 4:00 AM (631) 897-1188	Mike Murray 1:00 PM (516) 728-2392	Steve Vaneron 11:00 AM (631) 220-5694	Phillip Granitto 7:00 PM (631) 943-5554
Zack Clair 6:00 PM (212) 464-8201 B	Ross / Nick Dux 6:00 PM (631) 270-4619	Dr. Dan 1:00 PM (631) 836-8803	Chris Messina 7:00 PM (516) 848-6597	Boot Camp 8:00PM – 9:00PM (631) 691-0094	Prabal Saxena 8:00 PM (516) 978- 2158	Ryder Kilfoil 7:00 PM (516) 508-2764
	Joe Spano 2:00 PM (917) 335-6009					655