



**Effective November 21, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
***** 9:30am -10:30am Full Body Fitness Kickboxing	***** 9:30am -10:30am Full Body Fitness Kickboxing	***** 9:30am -10:30am Full Body Fitness Kickboxing	***** 9:30am -10:30am Full Body Fitness Kickboxing	***** 9:30am -10:30am Full Body Fitness Kickboxing	***** 9:00am -10:00am Full Body Fitness Kickboxing	***** 9:00am -10:00am Full Body Fitness Kickboxing
***** 5:30pm - 6:30pm Boxing		***** 5:30pm - 6:30pm Boxing			***** 12:00pm - 1:30pm Boxing	
***** 7:00pm - 8:00pm Full Body Fitness Kickboxing	***** 7:00pm - 8:00pm Full Body Fitness Kickboxing	***** 7:00pm - 8:00pm Full Body Fitness Kickboxing	***** 7:00pm - 8:00pm Full Body Fitness Kickboxing			

**Hours**

Monday-Thursday  
Friday  
Saturday  
Sunday

7:00am - 8:00pm  
7:00am - 5:00pm  
7:00am - 3:00pm  
7:00am - 12:00pm

4 Cedar Swamp Rd.  
(Entrance in Rear Lot  
of Retro (Island) Fitness)  
Glen Cove, NY 11542  
Tel: 516.801.6170

[www.ceagym.com](http://www.ceagym.com)



