



27 BERRY HILL ROAD  
 OYSTER BAY NY 11771  
 516-802-3400

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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<b>BOXING</b> 10AM-1045AM	<b>KICK BOXING</b> 9:15 AM-10AM	<b>KICK BOXING</b> 10AM-1045AM	<b>KICK BOXING</b> 9:15 AM-10AM	<b>KICK BOXING</b> 10AM-1045AM	<b>KICK BOXING</b> 9:15 AM-10AM	<b>KICK BOXING</b> 9:15 AM-10AM
<b>KICK BOXING</b> 6:30PM 7:15PM	<b>KICK BOXING</b> 6:30PM 7:15PM	<b>KICK BOXING</b> 6:30PM 7:15PM	<b>KICK BOXING</b> 6:30PM 7:15PM	<b>BOXING</b> 6:30PM 7:15PM	<b>BOXING</b> 11:45 AM-12:30PM	
<b>BOXING</b> 7:30PM-8:15PM	<b>HIIT</b> 7:30PM-8 PM		<b>HIIT</b> 7:30PM-8 PM			