



GROUPX SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Early Morning & Evening Boot Camp Classes Available with Kristen Miedreich. Contact Kristen for more info & to sign-up krismied2@aol.com</p>					
9:30AM-10:30AM SERENITY YOGA VIRTUAL LOUISE					
	5:30PM-6:30PM SERENITY YOGA LOUISE	5:30PM-6:30PM PILATES FUSION BEVERLY	5:30PM - 6:30PM TOTAL BODY MARYGRACE	5:30PM-6:30PM SERENITY YOGA LOUISE	5:30PM-6:30PM INTENSE TONE MARYGRACE

2 BLUE HILL PLAZA . PEARL RIVER NY 10965 . 845.920.1728