

Monday, July 5, 2010

## Back & Arms Intensives

Company: Sanctuary Pilates and Wellness

Venue: Sanctuary Pilates and Wellnes

Location: New York, NY

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4 week Intensive 2 Semi Privates-60min classes a week \*Classes Limited to five people Pre- registration a must You can choose 1 Pilates and 1 Yoga Class Per week YOGA Monday, Wednesday, Friday @9am Thursday @ 6:30pm PILATES Tuesday, Thursday @ 9am Monday, Tuesday @7:30pm

Sanctuary Pilates and Wellness

316 E 84th St.

New York, NY, 10016

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Schedule

July 5, 2010: 9:00am

[< back](#)

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