

**GiryaFIT**  
**50 N Industry Ct Deer Park NY 11729**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:30am Kettlebell Basic		7:30am Kettlebell Basic		8:00am Beginner Bells
		8:30am Prep 4 Play		8:30am Prep 4 Play		9:00am Kettlebell Basic
						10:00am Prep 4 Play
						11:00am Intro to Bells By appointment only
		4:30pm Beginner Bells		4:30pm Beginner Bells	Contact Cherie Christie 631-747-8893  <a href="mailto:elitegirya@gmail.com">elitegirya@gmail.com</a>	
		5:30pm Beginner Bells		5:30pm Beginner Bells		
	6:30pm Kettlebell Basic	6:30pm TRX	6:30pm Kettlebell Basic	6:30pm Kettlebell Basic		

as of 5/19/2016