

PDE DAILY SCHEDULE

PEOPLE DOING EXERCISE.

FITNESS + YOGA
VIRTUAL SESSIONS

		SESSION A	SESSION B
M O N	E N D U R A N C E	7:15PM EST	7:15PM PST
T U E	S T R E N G T H	7:15PM EST	7:15PM PST
W E D	F L O W	7:15PM EST	7:15PM PST
T H U	E N D U R A N C E	7:15PM EST	7:15PM PST
F R I	M O V E M E N T	10:00AM EST	10:00AM PST
S A T	F L O W	9:30AM EST	9:30AM PST
S U N	M I N D F U L N E S S	9:00AM EST	9:00AM PST

ACCESS SESSIONS

WWW.NYCMECO.COM/MYPDE