

M	T	W	Th	F	Sa	Su
7.30 - 8.30am Vinyasa Yoga Kristin C	7.30 - 8.30am Vinyasa Yoga Taryn VH	7.30 - 8.30am Vinyasa Yoga Dee H	7.30 - 8.30am Vinyasa Yoga Helene K	7.30 - 8.30am Vinyasa Yoga Iris P	■ = New Class F = Foundation Level *\$5-10 Community Class	
	9.30 - 10.30am Aerial Fit to Fly Liz M		9.30 - 10.30am Aerial Fit to Fly Liz M			
			10 - 11.15am Forrest Yoga Shayna S		10.15 - 11.45am Vinyasa Yoga Melanie B	10.15 - 11.30am Forrest Yoga Shayna S
12.15 - 1.30pm Aerial Yoga 1 Kristin C	12.15 - 1.30pm Aerial Yoga Core Monica P	12.15 - 1.30pm Aerial Yoga 1 Janie P	12.15 - 1.30pm Aerial Yoga Core Monica P	12.15 - 1.30pm Aerial Dance Kristin C	12 - 1.15pm Vinyasa Yoga Dee H	12 - 1.30pm Vinyasa Yoga Kevin B
12.30 - 1.30pm Vinyasa Yoga Kevin B	12.30 - 1.30pm Vinyasa Yoga Taryn VH	12.30 - 1.30pm Vinyasa Yoga Yelimar R	12.30 - 1.30pm Vinyasa Yoga Kirsten T	12.30 - 1.30pm Vinyasa Yoga Dee H	12.15 - 1.30pm Aerial Yoga Blast Grace L	12.15 - 1.30pm Aerial Yoga 1 Iris P
1 - 2pm Vinyasa Yoga Annaliese G	1 - 2pm Vinyasa Yoga F Helene K	1 - 2pm Vinyasa Yoga Derek C	1 - 2pm Vinyasa Yoga F Yelimar R	1 - 2pm Vinyasa Yoga Bassam K		
			2 - 3pm Flow & Meditate Community* Monica P	2.30 - 3.30pm Aerial Yoga Core Community* Beth S		2 - 3.15pm Aerial Yoga Flow Kristin C
4 - 5pm Vinyasa Yoga Community*	4 - 5pm Kids Aerial Yoga Ages 6-12 Maisah H	4 - 5pm Vinyasa Yoga Community*	3.30 - 4.45pm Aerial Ballet Megan H			
4.30 - 5.30pm Handstands 101 Derek C			3.45 - 4.45pm Kids Yoga Play-ground Ages 6-11 Maisah H			5 - 6.15pm Vinyasa Yoga Taryn VH
5.15 - 6.15pm Vinyasa Yoga F Kirsten T	5.15 - 6.15pm Vinyasa Yoga F Cassandra J	5.15 - 6.15pm Vinyasa Yoga F Yelimar R	5.15 - 6.15pm Vinyasa Yoga F Kirsten T			
5.45 - 7pm Aerial Yoga Core Amanda McD	5.45 - 7pm Aerial Yoga 2 Liz M	5.45 - 7pm Aerial Mellow Flow Kevin B	5.45 - 7pm Aerial Yoga 2 Maisah H	5.45 - 7pm Aerial Yoga 1 Janie P		5.45 - 6.45pm Aerial Yoga 1 Community*
5.45 - 6.45pm Vinyasa Yoga Derek C	5.45 - 6.45pm Vinyasa Yoga Dee H	5.45 - 6.45pm Vinyasa Yoga Amanda W	5.45 - 6.45pm Vinyasa Yoga Kevin B	5.45 - 6.45pm Vinyasa Yoga Yelimar R	6 - 7.15pm Aerial Yoga 1 Helene K	6 - 7pm Vinyasa Yoga Community*
6.30 - 7.45pm Vinyasa Yoga Amanda W	6.30 - 7.45pm Vinyasa Yoga Taryn VH	6.30 - 8pm Forrest Yoga Denise H	6.30 - 7.45pm Yoga Tune Up® Kirsten T		6.30 - 7.30pm Vinyasa Yoga Community*	6.30 - 7.30pm Pink Yoga Tameka G
7.15 - 8.30pm Aerial Yoga 1 Janie P	7.15 - 8.30pm Aerial Yoga 1 Cassandra J	7.15 - 8.30pm Aerial Yoga 1 Amanda W	7.15 - 8.30pm Aerial Yoga 1 Kevin B	7.15 - 8.30pm Aerial Yoga Blast Janie P		
7.15 - 8.15pm Vinyasa Yoga F Kirsten T	7.30 - 9pm AcroYoga Basics Maisah H	7.15 - 8.15pm Vinyasa Yoga Kevin B	7.15 - 8.15pm Vinyasa Yoga Melanie B	7.30 - 9.15pm AcroYoga Flow Mary A		
8 - 9pm Fit to Flow Caitlin L	8 - 9pm Yin Yoga Tameka G		8 - 9pm Restorative Yoga Helene K			
8.30 - 9.30pm Vinyasa Yoga Community*		8.30 - 9.30pm Vinyasa Yoga Community*				



MARCH @
FASHION DISTRICT



265 West 37th Street, 17th floor
212 616 8662 | omfactory.yoga

All classes are Open Level unless otherwise noted.