

M	T	W	Th	F	Sa	Su
9.30 - 10.30am Aerial Fit to Fly Dana A		9.30 - 10.30am Aerial Fit to Fly Kristina CS		10 - 10.30am Aerial Meditation Community* Kristina CS	10 - 10.45am Kids Aerial Dance Ages 8-14 Liz M	10 - 10.45am Kids Circus Playground Ages 6-11 Liz M
10.45 - 12pm Aerial Yoga 1 Taryn VH	10.45 - 12pm Aerial Yoga 2 Amanda McD	10.45 - 12pm Aerial Yoga 1 Kristina CS	10.45 - 12pm Aerial Yoga 2 Amanda McD	10.45 - 12pm Aerial Yoga Core Kristina CS	11 - 12.15pm Aerial Yoga 1 Maisah H	11 - 12.15pm Aerial Yoga 2 Liz M
12.15 - 1.15pm Aerial Circus Playground Liz M	12.15 - 1.15pm SKYBOX Lyra 1 Sylvana T	12.15 - 1.15pm Aerial Ballet Megan H	12.15 - 1.15pm SKYBOX Silks 101 Emily H	12.15 - 1.15pm SKYBOX Lyra Flow Sylvana T	12.30 - 1.30pm Aerial Circus Playground Liz M	12.30 - 1.30pm SKYBOX Silks/Trap 1 & Up Fran S
			12.15 - 1.15pm SKYBOX Silks 1 Nolan M			12.30 - 1.30pm SKYBOX Single Point Hammock Flow Nolan M
1.30 - 3.30pm SKYBOX Open Workout		1.30 - 3.30pm SKYBOX Open Workout	1.30 - 2.30pm SKYBOX Silks 2 Megan H	1.30 - 3.30pm SKYBOX Open Workout		
			3 - 4pm SKYBOX Straps/Rings Jan M	3.45 - 4.45pm Handstands 101 Jan M		
4 - 5.15pm Aerial Yoga 2 Kevin B		4.30 - 5.30pm SKYBOX Silks/Rope 1 Sylvana T	4.15 - 5.30pm Flexibility 101 Jan M	4.45 - 5.45pm Handstands 102 Jan M	4.15 - 5.30pm Aerial Dance 3 Amanda McD	4 - 5.15pm Aerial Yoga 1 Kevin B
5.45 - 7.15pm AcroYoga Solar Bassam K		5.45 - 7pm Aerial Yoga Core Monica P	5.45 - 7pm Aerial Yoga 1 Janie P		6 - 7pm SKYBOX Lyra 1 Liz M	5.30 - 6.45pm Aerial Mellow Flow Maisah H
	6 - 7.15pm Aerial Yoga 1 Kristin C			6 - 7.15pm SKYBOX Bungee 101 Kristin C	6 - 7pm SKYBOX Silks 1 & Up Dana A	
7.30 - 8.45pm SKYBOX Bungee 101 Bassam K	7.30 - 8.45pm Aerial Dance 2 Brenna B	7.15 - 8.15pm SKYBOX Silks Flow 1 Fran S	7.15 - 8.30pm AcroYoga Flow Linda M	7.30 - 8.45pm Aerial Dance 1 Kristin C		7.15 - 9.15pm SKYBOX Open Workout
		8.30 - 9.45pm Aerial Yoga 3 Amanda McD				
9 - 10pm SKYBOX Silks 101 Nolan M	9 - 10pm SKYBOX Lyra Flow Kyla EA		9 - 10:15pm SKYBOX Bungee 101 Brenna B			
9 - 10pm SKYBOX Silks 1 Wendy L	9 - 10pm SKYBOX Silks 2 Brenna B					



JUNE 16 - 30 @ UNION SQUARE



873 Broadway, 2nd floor
212 353 3500
omfactory.yoga

All classes are Open Level unless otherwise noted.

= New Class

*\$10 Community Class