

M	T	W	Th	F	Sa	Su
7.30 - 8.30am Vinyasa Yoga Taryn VH	7.30 - 8.30am Vinyasa Yoga Kristin C	7.30 - 8.30am Vinyasa Yoga Iris P	7.30 - 8.30am Vinyasa Yoga Helene K	7.30 - 8.30am Vinyasa Yoga Dee H	■ = New Class F = Foundation Level *\$5-10 Community Class	
	8 - 9am Aerial Fit to Fly: Fall Series Liz M					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 - 1.15pm Aerial Fit to Fly Monica P	12.15 - 1.30pm Aerial Dance Kristin C	12 - 1.15pm Vinyasa Yoga Jonathan ZF	12 - 1.30pm Vinyasa Yoga Kevin B
12.30 - 1.30pm Vinyasa Yoga Kevin B	12.30 - 1.30pm Vinyasa Yoga Iris P	12.30 - 1.30pm Vinyasa Yoga Amanda McD	12.30 - 1.30pm Vinyasa Yoga Dee H	12.30 - 1.30pm Vinyasa Yoga Dee H	12.15 - 1.30pm Hammock Playground 1 Grace L	12.15 - 1.30pm Aerial Yoga 1 Iris P
1 - 2pm Vinyasa Yoga Kirsten T	1 - 2pm Vinyasa Yoga F Helene K	1 - 2pm Vinyasa Yoga Derek C	1 - 2pm Vinyasa Yoga F Helene K	1 - 2pm Vinyasa Yoga Bassam K		
2 - 3.15pm Flexibility Kira F			2 - 3pm Flow & Meditate Community* Monica P	2.30 - 3.30pm Aerial Yoga 1 Community*		2 - 3.15pm Aerial Yoga Core Laura T
4 - 5pm Vinyasa Yoga Community*	3.30 - 4.45pm Aerial Ballet Kyla EA	4 - 5pm Vinyasa Yoga Community*	3.30 - 4.45pm Aerial Dance 1 Brenna B			
	3.45 - 4.45pm Kids Hammock Playground Liz M					
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 Janie P	5.15 - 6.15pm Vinyasa Yoga F Kirsten T			
5.45 - 7pm Aerial Yoga Core Amanda McD	5.45 - 7pm Hammock Playground 2 & Up 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 Forrest Inspired Vinyasa Maria B	5.45 - 6.45pm Vinyasa Yoga Amanda W	5.45 - 6.45pm Vinyasa Yoga Kevin B	5.45 - 6.45pm Vinyasa Yoga Jessica C	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*	
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 Taryn VH	7.15 - 8.30pm Aerial Yoga 1 Kevin B	7.15 - 8.30pm Hammock Playground 1 Janie P		
7.15 - 8.15pm Vinyasa Yoga F Kirsten T	7.30 - 9pm AcroYoga 1 Maisah H	7.15 - 8.15pm Vinyasa Yoga Kevin B	7.15 - 8.15pm Vinyasa Yoga Jonathan ZF	7.30 - 9.15pm AcroYoga Flow 1-3 Mary A		
8.15- 9.15pm Vinyasa Yoga Community*	8.15- 9.15pm Aerial Yoga Flow Community*	8.15 - 9.15pm- Vinyasa Yoga Community*	8 - 9 pm Restorative Yoga Helene K			



DECEMBER @ FASHION DISTRICT



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

All classes are Open Level unless otherwise noted.