

M	T	W	Th	F	Sa	Su
		9.30 - 10.30am <b>Aerial Fit to Fly</b> Kristina CS		10 - 10.30am <b>Aerial Meditation</b> Community* Kristina CS	10 - 10.45am <b>Kids Aerial Dance</b> Ages 8-14 Liz M	10 - 10.45am <b>Kids Circus Playground</b> Ages 6-12 Liz M
10.45 - 12pm <b>Aerial Yoga 1</b> Monica P	10.45 - 12pm <b>Aerial Yoga 2</b> Amanda McD	10.45 - 12pm <b>Aerial Yoga 1</b> Kristina CS	10.45 - 12pm <b>Aerial Yoga 2</b> Amanda McD	10.45 - 12pm <b>Aerial Yoga Core</b> Kristina CS	11 - 12.15pm <b>Aerial Yoga 1</b> Maisah H	11 - 12.15pm <b>Hammock Playground 2 &amp; Up</b> Liz M
12.15 - 1.15pm <b>SKYBOX Silks 101</b> Keely S	12.15 - 1.15pm <b>SKYBOX Lyra 1</b> Sylvana T	12.15 - 1.15pm <b>Aerial Ballet</b> Megan H	12.15 - 1.15pm <b>SKYBOX Silks 101</b> Emily H	12.15 - 1.15pm <b>SKYBOX Lyra Flow</b> Sylvana T	12.30 - 1.30pm <b>Aerial Circus Playground</b> Liz M	12.30 - 1.30pm <b>SKYBOX Silks &amp; Trap 1 &amp; Up</b> Fran S
			12.15 - 1.15pm <b>SKYBOX Silks 1</b> Nolan M	12.15 - 1.15pm <b>SKYBOX Silks Flow 2</b> Megan H	12:30 - 1:30pm <b>SKYBOX Bungee 101</b> Brenna B	12.30 - 1.30pm <b>SKYBOX Single Point Hammock Flow</b> Nolan M
1.30 - 3.30pm <b>SKYBOX Open Workout</b>		1.30 - 3.30pm <b>SKYBOX Open Workout</b>		1.30 - 3.30pm <b>SKYBOX Open Workout</b>		
				3.45 - 4.45pm <b>Handstands 101</b> Jan M		
4 - 5.15pm <b>Aerial Yoga 2</b> Kevin B		4.30 - 5.30pm <b>SKYBOX Silks/Rope 1</b> Sylvana T	4.15 - 5.30pm <b>Flexibility 1</b> Jan M	4.45 - 5.45pm <b>SKYBOX Straps &amp; Rings</b> Jan M	4.15 - 5.30pm <b>Aerial Dance 3</b> Amanda McD	4 - 5.15pm <b>Aerial Yoga 1</b> Kevin B
5.45 - 7.15pm <b>AcroYoga Flow 1-2</b> Linda M		5.45 - 7pm <b>Aerial Yoga Core</b> Monica P	5.45 - 7pm <b>Aerial Yoga 1</b> Janie P		6 - 7pm <b>SKYBOX Lyra 1</b> Liz M	5.30 - 6.45pm <b>Aerial Mellow Flow</b> Maisah H
6 - 7pm <b>Aerial Fit to Fly</b> Nolan M	6 - 7.15pm <b>Aerial Yoga 1</b> Kristin C	5.45 - 7pm <b>Flexibility 2: Fall Series</b> Kira F		6 - 7.15pm <b>SKYBOX Bungee 101</b> Kristin C	6 - 7pm <b>SKYBOX Silks Flow 1</b> Troy L	
7.15 - 8.45pm <b>AcroYoga Restorative</b> Linda M	7.30 - 8.45pm <b>Aerial Dance 2</b> Brenna B	7.15 - 8.15pm <b>SKYBOX Silks Flow 1</b> Fran S	7.15 - 8.45pm <b>AcroYoga Flow 1-2</b> Linda M	7.30 - 8.45pm <b>Aerial Dance 1</b> Kristin C		7.15 - 9.15pm <b>SKYBOX Open Workout</b>
7.30 - 8.45pm <b>SKYBOX Bungee 101</b> Amanda McD		8.30 - 9.45pm <b>Aerial Yoga 3</b> Amanda McD				
9 - 10pm <b>SKYBOX Silks 101</b> Nolan M	9 - 10pm <b>SKYBOX Lyra Flow</b> Brenna B		9 - 10:15pm <b>SKYBOX Bungee 101</b> Liz M			
9 - 10pm <b>SKYBOX Silks 1</b> Dana A	9 - 10pm <b>SKYBOX Silks 2</b> Nolan M					



DECEMBER @  
UNION SQUARE



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

All classes are Open Level unless otherwise noted.

  = New Class

\*\$10 Community Class