

M	T	W	Th	F	Sa	Su
		9.30 - 10.30am Aerial Fit to Fly Fran S		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 6-12 Liz M
10.45 - 12pm Aerial Yoga 1 Kristina CS	10.45 - 12pm Aerial Yoga 2 Amanda McD	10.45 - 12pm Aerial Yoga 1 Grace P	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 Hammock Playground 2 & Up Liz M
12.15 - 1.15pm SKYBOX Silks 101 Keely S	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	12.15 - 1.15pm SKYBOX Silks Flow 2 Megan H	12:30 - 1:30pm SKYBOX Bungee 101 Brenna B	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 - 3.30pm SKYBOX Open Workout		
				3.45 - 4.45pm Handstands 101 Jan M		
4.30 - 5.45pm Aerial Yoga 2 Janie P		4.30 - 5.30pm SKYBOX Silks/Rope 1 Sylvana T	4.15 - 5.30pm Flexibility 1 Jan M	4.45 - 5.45pm SKYBOX Straps & Rings Jan M	4.15 - 5.30pm Aerial Dance 3 Amanda McD	4 - 5.15pm Aerial Yoga 1 Kevin B
5.45 - 7.15pm AcroYoga Flow 1-2 Linda M & 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 - 7pm Aerial Fit to Fly Nolan M	6 - 7.15pm Aerial Yoga 1 Kristin C	5.45 - 7pm Flexibility 2: Fall Series Kira F		6 - 7.15pm SKYBOX Bungee 101 Kristin C	6 - 7pm SKYBOX Silks Flow 1 Troy L	
7.15 - 8.45pm AcroYoga Restorative Linda M & Bas-sam K	7.30 - 8.45pm Aerial Dance 2 Brenna B	7.15 - 8.15pm SKYBOX Silks Flow 1 Fran S	7.15 - 8.45pm AcroYoga Flow 1-2 Linda M	7.30 - 8.45pm Aerial Dance 1 Kristin C		7.15 - 9.15pm SKYBOX Open Workout
7.30 - 8.45pm SKYBOX Bungee 101 Amanda McD		8.30 - 9.45pm Aerial Yoga 3 Amanda McD				
9 - 10pm SKYBOX Silks 101 Nolan M	9 - 10pm SKYBOX Lyra Flow Brenna B					
9 - 10pm SKYBOX Silks 1 Dana A	9 - 10pm SKYBOX Silks 2 Nolan M					



JANUARY @
UNION SQUARE



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

All classes are Open Level unless otherwise noted.

= New Class

*\$10 Community Class