

| M | T | W | Th | F | Sa | Su |
|---|---|--|--|--|---|---|
| | | 9.30 - 10.30am Aerial Fit to Fly Fran S | | | 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 Brenna B | 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 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 - 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 | | | 6 - 7.15pm SKYBOX Bungee 101 Kristin C | 6 - 7pm SKYBOX Silks Flow 1 Troy L | |
| 7.15 - 8.45pm AcroYoga Flow 1-3 Bassam 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 |
| | | 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 Wendy L | 9 - 10pm SKYBOX Silks 2 Nolan M | | | | | |



APRIL 9 - 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