

M	T	W	Th	F	Sa	Su
7.30 - 8.30am <b>Vinyasa Yoga</b> Fara M	7.30 - 8.30am <b>Vinyasa Yoga</b> Dee H	7.30 - 8.30am <b>Vinyasa Yoga</b> Iris P	7.30 - 8.30am <b>Vinyasa Yoga</b> Helene K	7.30 - 8.30am <b>Vinyasa Yoga</b> Fara M	<span style="background-color: yellow;">■</span> = New Class F = Foundation Level *\$5-10 Community Class	
		10.30 - 11.30am <b>55+ Aerial Yoga: Summer Series</b> Community* Iris P				
12.15 - 1.30pm <b>Aerial Yoga 1</b> Iris P	12.15 - 1.30pm <b>Aerial Yoga Core</b> Monica P	12.15 - 1.30pm <b>Aerial Yoga 1</b> Janie P	12.15 - 1.30pm <b>Aerial Yoga Core</b> Monica P	12.15 - 1.30pm <b>Aerial Dance</b> Kristin C	12 - 1.15pm <b>Vinyasa Yoga</b> Jonathan ZS	12 - 1.30pm <b>Vinyasa Yoga</b> Kevin B
12.30 - 1.30pm <b>Vinyasa Yoga</b> Derek C	12.30 - 1.30pm <b>Vinyasa Yoga</b> Jessica C	12.30 - 1.30pm <b>Vinyasa Yoga</b> Derek C	12.30 - 1.30pm <b>Vinyasa Yoga</b> Dee H	12.30 - 1.30pm <b>Vinyasa Yoga</b> Kevin B	12.15 - 1.30pm <b>Aerial Yoga Core</b> Laura T	12.15 - 1.30pm <b>Aerial Yoga 1</b> Iris P
	1 - 2pm <b>Vinyasa Yoga F</b> Helene K		1 - 2pm <b>Vinyasa Yoga F</b> Kirsten T			
2 - 3.15pm <b>Flexibility</b> Kira F				2.30 - 3.30pm <b>Aerial Yoga 1</b> Community*		2 - 3.15pm <b>Aerial Yoga 2</b> Laura T
4 - 5pm <b>Vinyasa Yoga</b> Community*	3.45 - 4.45pm <b>Kids Hammock Playground</b> Liz M	4 - 5pm <b>Vinyasa Yoga</b> Community*				
	5.15 - 6.15pm <b>Vinyasa Yoga F</b> Cassandra J		5.15 - 6.15pm <b>Vinyasa Yoga F</b> Kirsten T			
5.45 - 7pm <b>Aerial Yoga Core</b> Amanda McD	5.45 - 7pm <b>Hammock Playground 2 &amp; Up</b> Liz M	5.45 - 7pm <b>Aerial Mellow Flow</b> Kevin B	5.45 - 7pm <b>Aerial Yoga 2</b> Maisah H	5.45 - 7pm <b>Aerial Yoga 1</b> Janie P		5.30 - 6.30pm <b>Vinyasa Yoga</b> Community*
5.45 - 6.45pm <b>Vinyasa Yoga</b> Taryn VH	5.45 - 6.45pm <b>Vinyasa Yoga</b> Matthew K	5.45 - 6.45pm <b>Vinyasa Yoga</b> Dee H	5.45 - 6.45pm <b>Vinyasa Yoga</b> Kevin B	5.45 - 6.45pm <b>Vinyasa Yoga</b> Jessica C	6 - 7.15pm <b>Aerial Yoga 1</b> Helene K	5.45 - 6.45pm <b>Aerial Yoga 1</b> Community*
6.30 - 7.45pm <b>Vinyasa Yoga</b> Amanda W	6.30 - 7.45pm <b>Vinyasa Yoga</b> Taryn VH	6.30 - 8pm <b>Forrest Yoga</b> Lola R	6.30 - 7.45pm <b>Yoga Tune Up®</b> Kirsten T		6.30 - 7.30pm <b>Vinyasa Yoga</b> Community*	
7.15 - 8.30pm <b>Aerial Yoga 1</b> Grace P	7.15 - 8.30pm <b>Aerial Yoga 1</b> Cassandra J	7.15 - 8.30pm <b>Aerial Yoga 1</b> Maggie H	7.15 - 8.30pm <b>Aerial Yoga 1</b> Maisah H	7.15 - 8.30pm <b>Hammock Playground 1</b> Janie P		
7.15 - 8.15pm <b>Vinyasa Yoga F</b> Janie P	7.30 - 9pm <b>AcroYoga 1</b> Maisah H	7.15 - 8.15pm <b>Vinyasa Yoga</b> Kevin B	7.15 - 8.15pm <b>Vinyasa Yoga</b> Jonathan ZS	7.30 - 9.15pm <b>AcroYoga Flow 1-3</b> Mary A		
8.15- 9.30pm <b>Aerial Yoga 2</b> Amanda McD		8.15 - 9.15pm <b>Vinyasa Yoga</b> Community*	8 - 9 pm <b>Restorative Yoga</b> Helene K			
8.30- 9.30pm <b>Vinyasa Yoga</b> Community*						



MAY 7 - 31 @  
FASHION DISTRICT



265 West 37th Street, 17th floor  
212 616 8662 | [omfactory.yoga](http://omfactory.yoga)

All classes are Open Level unless otherwise noted.