

M	T	W	Th	F	Sa	Su
7.30 - 8.30am Vinyasa Yoga Petra LG	7.30 - 8.30am Vinyasa Yoga Dee H	7.30 - 8.30am Vinyasa Yoga Bertha C	7.30 - 8.30am Vinyasa Yoga Helene K	7.30 - 8.30am Vinyasa Yoga Kristin C	█ = New Class F = Foundation Level *\$5-10 Community Class	
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 - 1.30pm Aerial Yoga Core Monica P	12.15 - 1.30pm Aerial Dance Kristin C	12 - 1.15pm Vinyasa Yoga Jonathan ZS	12 - 1.30pm Vinyasa Yoga Kevin B
12.30 - 1.30pm Vinyasa Yoga Derek C	12.30 - 1.30pm Vinyasa Yoga Jessica C	12.30 - 1.30pm Vinyasa Yoga Derek C	12.30 - 1.30pm Vinyasa Yoga Dee H	12.30 - 1.30pm Vinyasa Yoga Kevin B	12.15 - 1.30pm Aerial Yoga Core Laura T	12.15 - 1.30pm Aerial Yoga 1 Beth S
	1 - 2pm Vinyasa Yoga F Helene K	12.45 - 1.45pm Aerial Sculpt: Buns & Thighs Jessica CO	1 - 2pm Vinyasa Yoga F Kirsten T	1 - 2.15pm Aerial Yoga 1 Meagan S		
2 - 3.15pm Flexibility Kira F		2.30 - 3.30pm Gentle Aerial Yoga Community* Maisah H		2.30 - 3.30pm Aerial Yoga Core Community*		2 - 3.15pm Aerial Yoga 2 Laura T
4 - 5pm Vinyasa Yoga Community*	3.45 - 4.45pm Kids Hammock Playground Ages 6-12 Liz M	4 - 5pm Vinyasa Yoga Community*				
	5.15 - 6.15pm Vinyasa Yoga F Cassandra J		5.15 - 6.15pm Vinyasa Yoga F Kirsten T			
5.45 - 7pm Aerial Yoga Core Amanda McD	5.45 - 7pm Hammock Play- ground 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		5.30 - 6.30pm Vinyasa Yoga Community*
5.45 - 6.45pm Vinyasa Yoga Taryn VH	5.45 - 6.45pm Vinyasa Yoga Matthew K	5.45 - 6.45pm Vinyasa Yoga Dee H	5.45 - 6.45pm Vinyasa Yoga Kevin B	5.45 - 6.45pm Vinyasa Yoga Maria B	6 - 7.15pm Aerial Yoga 1 Beth S	5.45 - 6.45pm Aerial Yoga 1 Community*
6.30 - 7.45pm Vinyasa Yoga Amanda W	6.30 - 7.45pm Vinyasa Yoga Taryn VH	6.30 - 7.45pm Vinyasa Core Patricia P	6.30 - 7.45pm Yoga Tune Up® Kirsten T		6.30 - 7.30pm Vinyasa Yoga Community*	
7.15 - 8.30pm Aerial Yoga 1 Grace P	7.15 - 8.30pm Aerial Yoga 1 Cassandra J	7.15 - 8.30pm Aerial Yoga 1 Maggie H	7.15 - 8.30pm Aerial Yoga 1 Maisah H	7.15 - 8.30pm Hammock Play- ground 1 Laura T		
7.15 - 8.15pm Vinyasa Yoga F Janie P	7.30 - 9pm AcroYoga 1 Maisah H	7.15 - 8.15pm Vinyasa Yoga Kevin B	7.15 - 8.15pm Vinyasa Yoga Jonathan ZS	7.30 - 9.15pm AcroYoga Flow 1-3 Mary A		
8.15 - 9.30pm Aerial Yoga 2 Kristin C		8.30 - 9.30pm Vinyasa Yoga Community*	8 - 9pm Restorative Yoga Helene K			
8.30 - 9.30pm Vinyasa Yoga Community*						



SEPTEMBER @
FASHION DISTRICT



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

All classes are Open Level unless otherwise noted.