

M	T	W	Th	F	Sa	Su
					9.45 - 10.45am Kids Aerial Dance Ages 8-14 Liz M	9.45 - 10.45am Kids Circus Playground Ages 6-12 Liz M
10.45 - 12pm Aerial Yoga 1 Nicole H	10.45 - 12pm Aerial Yoga 2 Amanda McD	10.45 - 12pm Aerial Yoga 1 Nicole H	10.45 - 12pm Aerial Yoga 2 Amanda McD	10.45 - 11.45am Aerial Yoga 1 Community*	11 - 12.15pm Aerial Yoga 1 Maisah H	11 - 12.15pm Hammock Playground 2 & Up Liz M
12.15 - 1.30 Aerial Yoga 2/3 Brenna B	12.15 - 1.30pm Flexibility Kira F	12.15 - 1.15pm Aerial Fit to Fly Brenna B	12.15 - 1.15pm SKYBOX Silks 101 Emily H	12 - 1.15pm Hammock Playground 1 Monica P	12.30 - 1.30pm Aerial Circus Playground Liz M	12.30 - 1.30pm Aerial Circus Playground Fran S
			12.15 - 1.15pm SKYBOX Silks 1 Megan H			
1.45 - 2.45pm SKYBOX Silks 101 Keely S	1.45 - 2.45pm SKYBOX Lyra 1 Kira F	1.30 - 2.30pm SKYBOX Silks Flow Megan H	1.30 - 2.45pm Aerial Dance Keely S	1.30 - 3.30pm SKYBOX Open Workout		
		1.30 - 2.30pm SKYBOX Single Point Hammock Flow Brenna B				
2.45 - 4.15pm SKYBOX Open Workout Express		2.45 - 4.15pm SKYBOX Open Workout Express				
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 - 5.15pm Handstands 101 Jan M	4.15 - 5.30pm Aerial Yoga 3 Amanda McD	4 - 5.15pm Aerial Yoga 1 Kevin B
6 - 7pm Aerial Fit to Fly Nolan M	5.45 - 7pm Aerial Yoga 1 Kristin C	5.45 - 7pm Aerial Yoga Core Monica P	5.45 - 7pm Aerial Yoga 1 Janie P	5.45 - 7pm Aerial Yoga 2/3 Kristin C	6 - 7pm SKYBOX Lyra 1 Liz M	5.30 - 6.45pm Aerial Mellow Flow: Aromatherapy Maisah H
7.15 - 8.30pm Aerial Yoga 1 Kevin B	7.15 - 8.30pm Aerial Dance 2 Brenna B	7.15 - 8.30pm Aerial Yoga 3 Amanda M	7.15 - 8.45pm AcroYoga Flow 1-2 Linda M	7.15 - 8.30pm Aerial Dance 1 Kristin C	7.15 - 8.15pm SKYBOX Bungee Party Liz M	7.15 - 9.15pm SKYBOX Open Workout
8.45 - 9.45pm SKYBOX Silks 101 Liz M	8.45 - 9.45pm SKYBOX Lyra Flow Brenna B	8.45 - 9.45pm Aerial Circus Playground Fran S				
8.45 - 9.45pm SKYBOX Silks 1 Wendy L	8.45 - 9.45pm SKYBOX Silks 2 Nolan M					



SEPTEMBER @ UNION SQUARE



873 Broadway, 2nd floor
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omfactory.yoga

All classes are Open Level unless otherwise noted.

= New Class

*\$10 Community Class