


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 Misha H		
					10 - 11.15am Vinyasa Yoga Aysa S	10.30 - 11.30am Aerial Yoga 1 Community*
12.00 - 12.50pm 50 Min Vinyasa Misha H	12.00 - 12.50pm 50 Min Vinyasa Jessica C	12.00 - 12.50pm 50 Min Vinyasa Ilana Z	12.00 - 12.50pm 50 Min Vinyasa Dee H	12.00 - 12.50pm 50 Min Vinyasa Argentina R	12 - 1.15pm Vinyasa Yoga Misha H	12 - 1.30pm Vinyasa Yoga Kevin B
12.15 - 1.30pm Aerial Yoga 1 Kristin C	12.15 - 1.30pm Flexibility Kira F		12.15 - 1.30pm Aerial Yoga 1 Laura T			
	1 - 2pm Vinyasa Yoga F Helene K		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*		
4 - 5pm Kids Aerial Dance Ages 8-12 Sam M		4 - 5pm Kids Aerial Yoga Ages 6-12 Janie P	4 - 5.15pm Flexibility Jan M			
4 - 5pm Vinyasa Yoga Community*	4 - 5pm Vinyasa Yoga Community*	4 - 5pm Vinyasa Yoga Community*	4 - 5pm Vinyasa Yoga Community*			
5.15 - 6.15pm Vinyasa Yoga Argentina R	5.15 - 6.15pm Vinyasa Yoga Kevin B	5.15 - 6.15pm Vinyasa Yoga Dee H	5.15 - 6.15pm Vinyasa Yoga Jessa M			5.15 - 6.15pm Vinyasa Yoga Community*
	5.45 - 7pm Aerial Yoga 1 Kristin C		5.45 - 7pm Aerial Yoga 1 Janie P	5.45 - 7pm Aerial Yoga 1 Janie P		5.30 - 6.45pm Aerial Mellow Flow: Aromatherapy Maisah H
6 - 7pm Aerial Mellow Flow Community* Grace P					6.15 - 7.30pm Aerial Yoga 1 Helene K	
6.30 - 7.45pm Vinyasa Yoga Taryn VH	6.30 - 7.45pm Vinyasa Yoga Bertha C	6.30 - 7.45pm Vinyasa Yoga Kevin B	6.30 - 7.45pm Vinyasa Yoga Misha H		6.15 - 7.15pm Vinyasa Yoga Community*	
	7.15 - 8.45pm AcroYoga 1 Maisah H		7.15 - 8.45pm AcroYoga Flow 1-2 Linda M	7.15 - 9pm AcroYoga Flow 1-3 Mary A		
8 - 9pm Vinyasa Yoga Community*	8 - 9pm Vinyasa Yoga Community*	8 - 9pm Aerial Mellow Flow Kevin B	8 - 9pm Restorative Yoga Helene K			

**JAN 28 - FEB 28 @
UNION SQUARE 8FL**



All classes are Open Level unless otherwise noted.
F = Foundation Level *\$5 - 10 Community Class = New Class

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