

M	T	W	Th	F	Sa	Su
7.30 - 8.30am <b>Vinyasa Yoga</b> Petra LG	7.30 - 8.30am <b>Vinyasa Yoga</b> Dee H	7.30 - 8.30am <b>Vinyasa Yoga</b> Bertha C	7.30 - 8.30am <b>Vinyasa Yoga</b> Helene K	7.30 - 8.30am <b>Vinyasa Yoga</b> Kristin C	<span style="background-color: yellow;">■</span> = New Class F = Foundation Level *\$5-10 Community Class	
12.15 - 1.30pm <b>Aerial Yoga 1</b> Kristin C	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 1</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> Misha H	12.30 - 1.30pm <b>Vinyasa Yoga</b> Jessica C	12.30 - 1.30pm <b>Vinyasa Yoga</b> Ilana Z	12.30 - 1.30pm <b>Vinyasa Yoga</b> Dee H	12.30 - 1.30pm <b>Vinyasa Yoga</b> Argentina R	12.15 - 1.30pm <b>Aerial Yoga Core</b> Laura T	12.15 - 1.30pm <b>Aerial Yoga 1</b> Beth S
	1 - 2pm <b>Vinyasa Yoga F</b> Helene K	12.45 - 1.45pm <b>Aerial Sculpt: Buns &amp; Thighs</b> Jessica CO	1 - 2pm <b>Vinyasa Yoga F</b> Kirsten T	1 - 2.15pm <b>Aerial Yoga 1</b> Meagan S		
2 - 3.15pm <b>Flexibility</b> Kira F	1.45 - 2.45pm <b>Aerial Sculpt: Buns &amp; Thighs</b> Jessica CO	2.30 - 3.30pm <b>Gentle Aerial Yoga</b> Community* Maisah H		2.30 - 3.30pm <b>Aerial Yoga Core</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> Ages 6-12 Liz M	4 - 5pm <b>Vinyasa Yoga</b> Community*		5.15 - 6.15pm <b>Vinyasa Yoga F</b> Kirsten T		
	5.15 - 6.15pm <b>Vinyasa Yoga F</b> Cassandra J					5.30 - 6.30pm <b>Vinyasa Yoga</b> Community*
5.45 - 7pm <b>Aerial Yoga Core</b> Amanda McD	5.45 - 7pm <b>Hammock Play- ground 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		
5.45 - 6.45pm <b>Vinyasa Yoga</b> Bertha C	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> Maria B	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> Ilana Z	6.30 - 7.45pm <b>Vinyasa Core</b> Patricia P	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> Maggie H	7.15 - 8.30pm <b>Aerial Yoga 1</b> Cassandra J	7.15 - 8.30pm <b>Aerial Yoga 1</b> Maisah H	7.15 - 8.30pm <b>Hammock Play- ground 1</b> Laura T		
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		
8.30 - 9.30pm <b>Vinyasa Yoga</b> Community*		8.30 - 9.30pm <b>Vinyasa Yoga</b> Community*	8 - 9pm <b>Restorative Yoga</b> Helene K			



NOVEMBER @  
FASHION DISTRICT



265 West 37th Street, 17th floor  
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All classes are Open Level unless otherwise noted.