

M	T	W	Th	F	Sa	Su
					9.45 - 10.45am <b>Kids Aerial Dance</b> Ages 8-14 Liz M	9.45 - 10.45am <b>Kids Circus Playground</b> Ages 6-12 Liz M
10.45 - 12pm <b>Aerial Yoga 1</b> Tingting H	10.45 - 12pm <b>Aerial Yoga 2</b> Amanda McD	10.45 - 12pm <b>Aerial Yoga 1</b> Kristina CS	10.45 - 12pm <b>Aerial Yoga 2</b> Amanda McD	10.45 - 12pm <b>Hammock Playground 1</b> Kristina CS	11 - 12.15pm <b>Aerial Yoga 1</b> Cassandra J	11 - 12.15pm <b>Hammock Playground 2 &amp; Up</b> Liz M
12.15 - 1.30 <b>Aerial Yoga 2/3</b> Laura T	12.15 - 1.30pm <b>Flexibility</b> Kira F	12.15 - 1.15pm <b>Aerial Fit to Fly</b> Samantha M	12.15 - 1.15pm <b>SKYBOX Silks 101</b> Emily H		12.30 - 1.30pm <b>Aerial Circus Playground</b> Fran S	12.30 - 1.30pm <b>Aerial Circus Playground</b> Liz M
			12.15 - 1.15pm <b>SKYBOX Silks 1</b> Fran S			
1.45 - 2.45pm <b>SKYBOX Silks 101</b> Keely S	1.45 - 2.45pm <b>SKYBOX Lyra 1</b> Kira F	1.30 - 2.30pm <b>SKYBOX Silks Flow</b> Megan H	1.30 - 2.45pm <b>Aerial Dance</b> Keely S	1.30 - 3.30pm <b>SKYBOX Open Workout</b>		
		1.30 - 2.30pm <b>SKYBOX Single Point Hammock Flow</b> Samantha M				
2.45 - 4.15pm <b>SKYBOX Open Workout Express</b>		2.45 - 4.15pm <b>SKYBOX Open Workout Express</b>				
4.30 - 5.45pm <b>Aerial Yoga 2</b> Janie P		4.30 - 5.30pm <b>SKYBOX Silks/Rope 1</b> Sylvana T	4.15 - 5.30pm <b>Flexibility 1</b> Jan M	4 - 5.15pm <b>Handstands 101</b> Jan M	4.15 - 5.30pm <b>Aerial Yoga 3</b> Amanda McD	4 - 5.15pm <b>Aerial Yoga 1</b> Maisah H
6 - 7pm <b>Aerial Fit to Fly</b> Samantha M	5.45 - 7pm <b>Aerial Yoga 1</b> Kristin C	5.45 - 7pm <b>Aerial Yoga Core</b> Monica P	5.45 - 7pm <b>Aerial Yoga 1</b> Janie P	5.45 - 7pm <b>Aerial Yoga 2/3</b> Kristin C	6 - 7pm <b>SKYBOX Lyra 1</b> Liz M	5.30 - 6.45pm <b>Aerial Mellow Flow: Aromatherapy</b> Maisah H
7.15 - 8.30pm <b>Aerial Yoga 1</b> Kevin B	7.15 - 8.30pm <b>Aerial Dance 2</b> Keely S	7.15 - 8.30pm <b>Aerial Yoga 3</b> Amanda M	7.15 - 8.45pm <b>AcroYoga Flow 1-2</b> Linda M	7.15 - 8.30pm <b>Aerial Dance</b> Kristin C	7.15 - 8.15pm <b>SKYBOX Bungee Party</b> Liz M	7.15 - 9.15pm <b>SKYBOX Open Workout</b>
8.45 - 9.45pm <b>SKYBOX Silks 101</b> Liz M	8.45 - 9.45pm <b>SKYBOX Lyra Flow</b> Keely S	8.45 - 9.45pm <b>Aerial Circus Playground</b> Fran S				
8.45 - 9.45pm <b>SKYBOX Silks 1</b> Wendy L						



**JANUARY 1-27 @  
UNION SQUARE**



873 Broadway, 2nd floor  
212 353 3500  
omfactory.yoga

All classes are Open Level unless otherwise noted.

= New Class

\*\$10 Community Class