


| M  | T   | W  | Th   | F   | Sa  | Su   |
|--|---|--|--|---|---|--|
| 7.30 - 8.30am<br><b>Vinyasa Yoga</b><br>Petra LG           | 7.30 - 8.30am<br><b>Vinyasa Yoga</b><br>Dee H         | 7.30 - 8.30am<br><b>Vinyasa Yoga</b><br>Bertha C                     | 7.30 - 8.30am<br><b>Vinyasa Yoga</b><br>Helene K     | 7.30 - 8.30am<br><b>Vinyasa Yoga</b><br>Misha H         |   |  |
|  |   |  |  |   | 10 - 11.15am<br><b>Vinyasa Yoga</b><br>Aysa S   | 10.30 - 11.30am<br><b>Aerial Yoga 1</b><br>Community*                          |
| 12.00 - 12.50pm<br><b>50 Min Vinyasa</b><br>Misha H        | 12.00 - 12.50pm<br><b>50 Min Vinyasa</b><br>Jessica C | 12.00 - 12.50pm<br><b>50 Min Vinyasa</b><br>Ilana Z                  | 12.00 - 12.50pm<br><b>50 Min Vinyasa</b><br>Dee H    | 12.00 - 12.50pm<br><b>50 Min Vinyasa</b><br>Argentina R | 12 - 1.15pm<br><b>Vinyasa Yoga</b><br>Misha H   | 12 - 1.30pm<br><b>Vinyasa Yoga</b><br>Kevin B                                  |
| 12.15 - 1.30pm<br><b>Aerial Yoga 1</b><br>Kristin C        | 12.15 - 1.30pm<br><b>Flexibility</b><br>Kira F        |  | 12.15 - 1.30pm<br><b>Aerial Yoga 1</b><br>Laura T    |   |   |  |
|  | 1 - 2pm<br><b>Vinyasa Yoga F</b><br>Helene K          |  | 1 - 2pm<br><b>Vinyasa Yoga F</b><br>Kirsten T        | 1 - 2.15pm<br><b>Aerial Yoga 1</b><br>Meagan S          |   |  |
| 2 - 3.15pm<br><b>Flexibility</b><br>Kira F                 |   | 2.30 - 3.30pm<br><b>Gentle Aerial Yoga</b><br>Community*<br>Maisah H |  | 2.30 - 3.30pm<br><b>Aerial Yoga Core</b><br>Community*  |   |  |
| 4 - 5pm<br><b>Kids Aerial Dance</b><br>Ages 8-12 Sam M     |   | 4 - 5pm<br><b>Kids Aerial Yoga</b><br>Ages 6-12 Janie P              | 4 - 5.15pm<br><b>Flexibility</b><br>Jan M            |   |   |  |
| 4 - 5pm<br><b>Vinyasa Yoga</b><br>Community*               | 4 - 5pm<br><b>Vinyasa Yoga</b><br>Community*          | 4 - 5pm<br><b>Vinyasa Yoga</b><br>Community*                         | 4 - 5pm<br><b>Vinyasa Yoga</b><br>Community*         |   |   |  |
| 5.15 - 6.15pm<br><b>Vinyasa Yoga</b><br>Argentina R        | 5.15 - 6.15pm<br><b>Vinyasa Yoga</b><br>Kevin B       | 5.15 - 6.15pm<br><b>Vinyasa Yoga</b><br>Dee H                        | 5.15 - 6.15pm<br><b>Vinyasa Yoga</b><br>Jessa M      |   |   | 5.15 - 6.15pm<br><b>Vinyasa Yoga</b><br>Community*                             |
|  | 5.45 - 7pm<br><b>Aerial Yoga 1</b><br>Kristin C       |  | 5.45 - 7pm<br><b>Aerial Yoga 1</b><br>Janie P        | 5.45 - 7pm<br><b>Aerial Yoga 1</b><br>Janie P           |   | 5.30 - 6.45pm<br><b>Aerial Mellow Flow:</b><br><b>Aromatherapy</b><br>Maisah H |
| 6 - 7pm<br><b>Aerial Mellow Flow</b> Community*<br>Grace P |   |  |  |   | 6.15 - 7.30pm<br><b>Aerial Yoga 1</b><br>Helene K                                     |  |
| 6.30 - 7.45pm<br><b>Vinyasa Yoga</b><br>Taryn VH           | 6.30 - 7.45pm<br><b>Vinyasa Yoga</b><br>Bertha C      | 6.30 - 7.45pm<br><b>Vinyasa Yoga</b><br>Kevin B                      | 6.30 - 7.45pm<br><b>Vinyasa Yoga</b><br>Misha H      |   | 6.15 - 7.15pm<br><b>Vinyasa Yoga</b><br>Community*                                    |  |
|  | 7.15 - 8.45pm<br><b>AcroYoga 1</b><br>Maisah H        |  | 7.15 - 8.45pm<br><b>AcroYoga Flow 1-2</b><br>Linda M | 7.15 - 9pm<br><b>AcroYoga Flow 1-3</b><br>Mary A        |  |  |
| 8 - 9pm<br><b>Vinyasa Yoga</b><br>Community*               | 8 - 9pm<br><b>Vinyasa Yoga</b><br>Community*          | 8 - 9pm<br><b>Aerial Mellow Flow</b><br>Kevin B                      | 8 - 9pm<br><b>Restorative Yoga</b><br>Helene K       |   |   |  |

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

**MARCH @  
UNION SQUARE 8FL**



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