

M	T	W	Th	F	Sa	Su
					9.45 - 10.45am Kids Aerial Dance 2 Ages 8-14 Liz M	9.45 - 10.45am Kids Circus Playground Ages 6-12 Liz M
10.45 - 12pm Hammock Playground 101 Tingting H	10.45 - 12pm Aerial Yoga 2 Amanda McD	10.45 - 12pm Aerial Yoga 1 Kristina CS	10.45 - 12pm Aerial Yoga 2 Amanda McD	10.45 - 12am Hammock Playground 1 Kristina CS	11 - 12.15pm Aerial Yoga 1 Cassandra J	11 - 12pm Aerial Circus 101 Liz M
12.15 - 1.30 Aerial Yoga 2/3 Brenna B	12.15 - 1.30pm Aerial Yoga Core 2 Monica P	12.15 - 1.15pm Aerial Barre Fitness Helene K	12.15 - 1.15pm Circus Single-Point Hammock Samantha M	12.15 - 1.30pm Aerial Dance 1 Kristin C	12.30 - 1.30pm Aerial Circus 101 Fran S	12.30 - 1.45pm Hammock Playground 2+ Liz M
			12.15 - 1.15pm Circus Silks Fran S			
1.45 - 2.45pm Aerial Circus 101 Emily H	1.45 - 2.45pm Circus Lyra Kira F	1.30 - 2.30pm Circus Silks Megan H		1.45 - 3.45pm Circus Open Workout		
		1.30 - 2.30pm Circus Single-Point Hammock Brenna B				
2.45 - 4.15pm Circus Open Workout Express		2.45 - 4.15pm Circus Open Workout Express				
4.30 - 5.45pm Aerial Yoga 2 Janie P	4 - 5pm Kids Hammock Playground Ages 6-12 Liz M		4 - 5pm Kids Circus Playground 2 Ages 6-12 Liz M	4 - 5.15pm Handstands 101 Bassam K	4.15 - 5.30pm Aerial Yoga 3 Amanda McD	4 - 5.15pm Aerial Yoga 1 Maisah H
6 - 7.15pm Aerial Dance Samantha M	5.45 - 7pm Hammock Playground 2+ Liz M	5.45 - 7pm Aerial Yoga Core Monica P	5.45 - 7pm Aerial Yoga 2 Maisah H	5.45 - 7pm Aerial Yoga 2/3 Kristin C	6 - 7pm Circus Lyra Liz M	5.30 - 6.45pm Aerial Yoga 2 Laura T
					6 - 7pm Circus Single-Point Hammock Laura T	
7.30 - 8.45pm 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 - 8.30pm Aerial Dance 3 Kyla R	7.15 - 8.30pm Aerial Dance Kristin C		7.15 - 9.15pm Circus Open Workout
	8.45 - 9.45pm Circus Lyra Brenna B	8.45 - 9.45pm Aerial Circus 101 Fran S				
	8.45 - 9.45pm Circus Silks Nolan M					

JUNE 2019 / 2FL



873 Broadway, 2nd Floor
212 353 3500 | omfactory.yoga



All classes are Open Level unless otherwise noted.

= New Class