

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>7.30 - 8.45am</b> <b>Vinyasa Yoga</b> Catherine M			<b>7.30 - 8.45am</b> <b>Vinyasa Yoga</b> Catherine M		
<b>9.15 - 10.15am</b> <b>Vinyasa Yoga</b> Misha H		<b>9.15 - 10.15am</b> <b>Vinyasa Yoga</b> Dee H		<b>9.30 - 10.30am</b> <b>Aerial Yoga 1</b> <b>Community</b> Meagan S / \$10		
<b>10.45 - 12pm</b> <b>Hammock</b> <b>Playground 1</b> Janie P	<b>10.45 - 12pm</b> <b>Aerial Yoga 2</b> Amanda McD	<b>10.45 - 12pm</b> <b>Aerial Yoga 1</b> Kristina CS	<b>10.45 - 12pm</b> <b>Aerial Yoga 2</b> Amanda McD	<b>10.45 - 12pm</b> <b>Hammock</b> <b>Playground 2</b> Kristina CS	<b>11 - 12.15pm</b> <b>Aerial Yoga 1</b> Cassandra J	<b>11 - 12pm</b> <b>Circus</b> <b>Playground</b> Liz M
<b>12.15 - 1.30pm</b> <b>Aerial Yoga 1</b> Kristin C	<b>12.30 - 1.30pm</b> <b>Vinyasa Yoga</b> Hélène K	<b>12.15 - 1.30pm</b> <b>Aerial Yoga</b> <b>Core</b> Aysa S	<b>12.30 - 1.30pm</b> <b>Vinyasa Yoga</b> Kevin B	<b>12.15 - 1.30pm</b> <b>Aerial Dance</b> Kristin C	<b>12.30 - 1.30pm</b> <b>Aerial Circus</b> <b>101 &amp; Up</b> Fran S	<b>12.30 - 1.45pm</b> <b>Hammock</b> <b>Playground 2</b> Liz M
<b>1.45 - 2.45pm</b> <b>Aerial</b> <b>Circus 101</b> <b>Silks / Lyra</b> Emily H	<b>1.45 - 3pm</b> <b>Circus Silks</b> <b>Int / Adv</b> Fran S <hr/> <b>1.45 - 3pm</b> <b>Circus Lyra</b> Kira F	<b>1.45 - 3pm</b> <b>Circus Silks</b> Megan H <hr/> <b>1.45 - 3pm</b> <b>Circus</b> <b>Single-Point</b> <b>Hammock</b> Brenna B	<b>1.45 - 3pm</b> <b>Circus Silks</b> Fran S <hr/> <b>1.45 - 3pm</b> <b>Circus</b> <b>Single-Point</b> <b>Hammock</b> Sam M	<b>1.45 - 2.45pm</b> <b>Aerial</b> <b>Circus 101</b> <b>Silks / Lyra</b> Kira F		
<b>2.45 - 4.15pm</b> <b>Circus</b> <b>Open Workout</b>		<b>3 - 4.15pm</b> <b>Circus</b> <b>Open Workout</b>		<b>2.45 - 4.15pm</b> <b>Circus</b> <b>Open Workout</b>		
<b>4.30 - 5.45pm</b> <b>Aerial Yoga 2</b> Janie P	<b>4.45 - 5.45pm</b> <b>Hammock</b> <b>Playground L1</b> <b>Community</b> Sawa T / \$10	<b>4.30 - 5.45pm</b> <b>Aerial Yoga 1</b> Hélène K	<b>4.45 - 5.45pm</b> <b>Flexibility</b> Megan H	<b>4.30 - 5.45pm</b> <b>Aerial Yoga</b> <b>Core</b> Monica P	<b>4.15 - 5.30pm</b> <b>Aerial Yoga 3</b> Amanda McD	<b>4.15 - 5.30pm</b> <b>Aerial Yoga 1</b> Maisah H
<b>6 - 7.15pm</b> <b>Aerial Dance</b> Sam M	<b>6 - 7.15pm</b> <b>Aerial Yoga 1</b> Kevin B	<b>6 - 7.15pm</b> <b>Vinyasa Yoga</b> Kevin B	<b>6 - 7.15pm</b> <b>Aerial Yoga 1</b> Janie P	<b>6 - 7.15pm</b> <b>Aerial Yoga 1</b> Kristin C	<b>5.45 - 7pm</b> <b>Aerial Yoga 1</b> Laura T	<b>5.45 - 7pm</b> <b>Aerial</b> <b>Mellow Flow</b> <b>Aromatherapy</b> Maisah H
<b>7.30 - 8.45pm</b> <b>Aerial Yoga 1</b> Aysa S	<b>7.30 - 8.45pm</b> <b>Aerial Dance 2</b> Brenna B	<b>7.30 - 8.45pm</b> <b>Aerial Yoga 3</b> Amanda McD	<b>7.30 - 8.45pm</b> <b>Aerial Yoga 2</b> Maisah H	<b>7.30 - 8.45pm</b> <b>Aerial Dance</b> Kristin C		<b>7.15 - 9.15pm</b> <b>Circus</b> <b>Open Workout</b>
<b>9 - 10pm</b> <b>Aerial</b> <b>Circus 101</b> <b>Silks /</b> <b>Hammock</b> Laura T	<b>9 - 10.15pm</b> <b>Circus Lyra</b> Kyla R <hr/> <b>9 - 10.15pm</b> <b>Circus Silks</b> Troy L	<b>9 - 10pm</b> <b>Aerial</b> <b>Circus 101</b> <b>Hammock /</b> <b>Lyra</b> Emily H	<b>9 - 10.15pm</b> <b>Aerial Dance 2</b> Kyla R	<b>9 - 10.30pm</b> <b>AcroYoga</b> <b>Flow 1/2</b> Linda M		



**MARCH 2020**

*All classes are Open Level unless otherwise noted.*

873 Broadway @ 18th Street  
2nd floor | 212 353 3500  
[omfactory.yoga](http://omfactory.yoga)



- = Aerial Yoga
- = Circus
- = Aerial Dance
- = Vinyasa Yoga
- = Mellow Flow
- = AcroYoga
- = New Class