

M**T****W****R****F****SA****SU**

NOV 2021 / omfactory.yoga

Classes are Open Level if not otherwise noted.

873 Broadway @ 18th Street 2nd floor 212 353 3500 info@omfactory.yoga

VIRTUAL KEY
>>>>

9:15

KIDS AERIAL YOGA

10 Katrina

10:30

HAMMOCK Playground Level 2+

11:45 Katrina

10:30

AERIAL YOGA 1

11:45 Grace

12:30

AERIAL YOGA 1

1:45 Janie

12:30

AERIAL YOGA 2

1:45 Amanda

12:30

AERIAL YOGA 1

1:45 Kevin

12:30

AERIAL YOGA 2

1:45 Amanda

12:30

AERIAL YOGA 1

1:45 Monica

12:30

CIRCUS SILKS

1:45 Fran

12

CIRCUS SILKS

1:15 Fran

12:30

AERIAL CORE
11/25 ONLY

1:45 Amanda

2 NOV 7

CIRCUS LYRA101

Once-a-Month

3:15 Eliana

2:30

OPEN WORK OUT

4 Eva

11/25 afternoon classes cancelled!

2:15

AERIAL YOGA 1

3:30 Tingting

4:15

KIDS SILKS+ HAMMOCK

5:15 Shayna

4

AERIAL YOGA 2

5:15 Janie

4

OPEN WORK OUT

5:30 Eva

4:15

TEEN SILKS+ LYRA

5:15 Fran

4

AERIAL YOGA 1

5:15 Kristin

4

AERIAL YOGA 3

5:15 Amanda

4

AERIAL YOGA 1

5:15 Kristin

5:45

AERIAL YOGA 1

7 Kevin

5:45

AERIAL YOGA 1

7 Janie

5:45

AERIAL YOGA 1

7 Isa

5:45

CIRCUS SILKS 1

7 Fran

5:45

AERIAL DANCE 1

7 Kristin

5:45

OPEN WORK OUT

7:15 Fran

5:45

AERIAL DANCE

7 Kristin

7:30

CIRCUS SILKS

8:45 Shayna

7:30

STANDING AEROBATICS

8:45 Shaina +Brian

7:30

AERIAL CORE

8:45 Amanda

7:30

CIRCUS LYRA 1

8:45 Eliana

7:30

CIRCUS LYRA 1

8:45 Fran

7:15

OPEN WORK OUT

8:45 Fran

7:15

OPEN WORK OUT

8:45 Kristin

9

ACROYOGA JAM

10:30 Bassam

11/25 afternoon classes cancelled!