

M

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W

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F

SA

SU

VIRTUAL BUILDING KEY

7

AERIAL MORNING BLISS O/P

8:15 Marisa

Classes are Open Level if not otherwise noted.

9:30

AERIAL CORE Off-Peak

10:45 Monica

10:30

AERIAL HAMMOCK TRICKS 2/3

11:45 Mae

10:15

AERIAL YOGA 1

11:30 Marisa



NEW! Off-Peak Pricing (O/P)

Enjoy our discounted classes and save off regular Single & 10-Pack pricing!

Drop-Ins: \$29 / 10-Pack: \$270

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

10:30

CIRCUS SILKS / LYRA101

11:45 Fran

12:30

AERIAL YOGA 1 Off-Peak

1:45 Janie

12:30

AERIAL HAMMOCK TRICKS 2/3

1:45 Amanda

12:30

AERIAL YOGA 1 Off-Peak

1:45 Barbara

12:30

AERIAL HAMMOCK TRICKS 2/3

1:45 Amanda

12:30

AERIAL YOGA 1 Off-Peak

1:45 Monica

12

CIRCUS SILKS 1

1:15 Fran

12

CIRCUS SILKS 1+

1:15 Fran

2

OPEN WORK OUT

4

2

HAND STANDS Off-Peak

3:15 Ed

2

OPEN WORK OUT

4

12

CIRCUS LYRA 1

1:15 Jacob

12

CIRCUS LYRA 101

1:15 Eva

4:30

KIDS HAMMOCKS OPEN

5:30 Izzy

4:30

KIDS HAMMOCKS LEVEL 2

5:30 Izzy

4:30

KIDS HAMMOCKS +LYRA OPEN

5:30 Barbara

4:30

KIDS LYRA LEVEL 2

5:30 Christa

1:45

AERIAL YOGA 1

3 Tingting

4:30

KIDS SILKS OPEN

5:30 Kaitlin

4:30

KIDS SILKS LEVEL 2

5:30 Fran

5:45

CIRCUS FLEXIBILITY

7 Jacob

4:30

KIDS SILKS LEVEL 2

5:30 Fran

4

AERIAL DANCE 101 Off-Peak

5:15 Jesse

3:15

YOGA 2

4:30 Janie

4:30

AERIAL DANCE 1 Off-Peak

5:45 Sammy

5:45

AERIAL DANCE

7 Izzy

6

AERIAL YOGA 1

7:15 Janie

5:45

CIRCUS STRAPS

7 Eva

6

AERIAL YOGA 1

7:15 Janie

5:45

CIRCUS BUNGEE

7 Barbara

5

AERIAL HAMMOCK TRICKS 3

6:15 Amanda

6

AERIAL DANCE 2

7:15 Sammy

7:30

CIRCUS SILKS 1

8:45 Eva

7:30

AERIAL DANCE

8:45 Kristin

7:30

AERIAL CORE

8:45 Amanda

7:30

CIRCUS LYRA 2

8:45 Tingting

7:30

AERIAL YOGA 1

8:45 Maisah

6:30

HAMMOCK SPIN 1st Saturdays

7:45 Katie

7:30

AERIAL HAMMOCK TRICKS 2

8:45 Marisa

7:30

HAND STANDS Off-Peak

8:45 Ed

9:15

AERIAL HAMMOCK TRICKS O/P

10:30 Austin

7:30

CIRCUS SILKS 1

8:45 Fran

9:15

AERIAL HAMMOCK TRICKS O/P

10:30 Austin



OCT 2024 / omfactory.yoga