


Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6 - 11am Mysore Ashtanga Arthur&Constanza	6 - 11am Mysore Ashtanga Arthur&Constanza	6 - 11am Mysore Ashtanga Arthur&Constanza	6 - 11am Mysore Ashtanga Arthur&Constanza	6 - 11am Mysore Ashtanga Arthur&Constanza		
7.30 - 8.30am Vinyasa Yoga Katharine G.	7.30 - 8.30am Vinyasa Yoga Taryn VH.	7.30 - 8.30am Vinyasa Yoga Dee H.	7.30 - 8.30am Vinyasa Yoga Helene K.	7.30 - 8.30am Vinyasa Yoga Amanda W.		8 - 11am Mysore Ashtanga Arthur&Constanza
					10.15 - 11.45am Vinyasa Yoga Cooper C.	
12.15 - 1.30pm Aerial Yoga 2 Iris P.	12.15 - 1.30pm Aerial Yoga 2 Michelle V.	12.15 - 1.30pm Aerial Yoga 1 Janie P.	12.15 - 1.30pm Aerial Yoga 2 Michelle V.		12 - 1.15pm Vinyasa Yoga Dee H.	12 - 1.30pm Vinyasa Yoga Kevin B.
12.30 - 1.30pm Vinyasa Yoga Paul G.	12.30 - 1.30pm Vinyasa Yoga Mike M.	12.30 - 1.30pm Vinyasa Yoga Amanda W.	12.30 - 1.30pm Vinyasa Yoga Anton B.	12.30 - 1.30pm Vinyasa Yoga Paul G.	12.15 - 1.30pm Aerial Yoga 2 Michelle V.	12.15 - 1.30pm Aerial Yoga 1 Janie P.
1 - 2pm Vinyasa Yoga Anton B.	1 - 2pm Vinyasa Yoga F Taryn VH.	1 - 2pm Vinyasa Yoga Derek C.	1 - 2pm Vinyasa Yoga F Dee H.	1 - 2pm Vinyasa Yoga Dee H.		
	2 - 3pm Flow & Meditate Community* MV		2 - 3pm Flow & Meditate Community* MV	2 - 3pm Aerial Yoga 1 Community*		2 - 3pm Aerial Yoga 1 Community*
4 - 5pm Flow & Restore Community*	4 - 4.45pm Aerial Kids Yoga** Liz M. & Maisah H.	4 - 5pm Vinyasa Yoga Community*	MV = Michelle V.	4 - 5pm Vinyasa Yoga Community*	4 - 5.15pm Vinyasa Yoga Derek C.	4 - 5.30pm Flow & Restore Cassandra J.
5.15 - 6.15pm Vinyasa Yoga F Kirsten T.	5.15 - 6.15pm Vinyasa Yoga F Cassandra J.	5.15 - 6.15pm Vinyasa Yoga F Jewels ZS.	5.15 - 6.15pm Vinyasa Yoga F Kirsten T.			5 - 6pm Vinyasa Yoga Amanda W.
5.45 - 7pm Aerial Yoga Core 1 Amanda McD.	5.45 - 7pm Aerial Yoga 2 Liz M.	5.45 - 7pm Aerial Mellow Kevin B.	5.45 - 7pm Aerial Yoga Flow Maisah H.	5.45 - 7pm Aerial Yoga 1 Amanda McD.		
5.45 - 6.45pm Vinyasa Yoga Derek C.	5.45 - 6.45pm Vinyasa Yoga Mike M.	5.45 - 6.45pm Vinyasa Yoga Amanda W.	5.45 - 6.45pm Vinyasa Yoga Kevin B.	5.45 - 7pm Yoga Playground Jewels ZS.	6 - 7.15pm Aerial Yoga 1 Amanda W.	6 - 7pm Vinyasa Yoga Community*
6.30 - 7.45pm Vinyasa Yoga Anton B.	6.30 - 7.45pm Vinyasa Yoga Taryn VH.	6.30 - 8pm Exploring Yoga Basics. 4-Week Series	6.30 - 7.45pm Vinyasa Yoga Cooper C.		6.30 - 7.30pm Vinyasa Yoga Community*	6.30 - 7.45pm Yin Yoga Kirsten T.
7.15 - 8.30pm Aerial Yoga 1 Amanda McD.	7.15 - 8.30pm Aerial Yoga 1 Cassandra J.	7 - 8.15pm Aerial Yoga 1 Amanda W.	7.15 - 8.30pm Aerial Yoga 1 Kevin B.	7.15 - 8.30pm Aerial Yoga Blast 1 Kat S.		<div style="writing-mode: vertical-rl; transform: rotate(180deg);"> OMFACTORY CLASS SCHEDULE </div>
7.15 - 8.15pm Vinyasa Yoga F Kirsten T.	7.15 - 8.45pm AcroYoga Inter. Lesley K.	7.15 - 8.15pm Vinyasa Yoga Kevin B.	7.15 - 8.15pm Vinyasa Yoga Helene K.			
8 - 9pm Yoga Tune Up Amanda W.				7.30 - 9.15pm AcroYoga Mary A.		
	8.15 - 9.15pm Vinyasa Yoga F Dee H.		8.15 - 9.15pm Restorative Yoga Kirsten T.	MARCH		
8.30 - 9.30pm Vinyasa Yoga Community*	8.30 - 9.30pm Aerial Mellow Community*	8.30 - 9.30pm Vinyasa Yoga Community*	8.30 - 9.30pm Vinyasa Yoga Community*	All classes Open Level unless noted. 1=Level 1 2=Level 2 3=Level 3 F=Foundations *\$5-10 Community Class donation.		
Specialty	Mysore	On the Mat	New Class	Aerial Yoga	AcroYoga	Restorative

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	7.15 - 8.15am Budokon Yoga Derek C.					
9.30 - 10.30am Aerial Fit to Fly Dana A.		9.30 - 10.30am Aerial Fit to Fly Kristina C.		9.30 - 10.30am Aerial Fit to Fly Dana A.	10 - 10.45am Aerial Kids Yoga** Ages 8-12 Liz M.	10 - 10.45am Aerial Kids Yoga** Ages 5-8 Kat S. & Liz M.
	10.45 - 12pm Aerial Yoga 2 Amanda McD.	10.45 - 12pm Aerial Yoga Core 1 Kristina C.	10.45 - 12pm Aerial Yoga 2 Amanda McD.	10.45 - 12pm Aerial Yoga 2 Kristina C.	11 - 12.15pm Aerial Yoga 1 Maisah H.	11 - 12.15pm Aerial Yoga 2 Kat S.
12 - 1.15pm Aerial Yoga 1 Kevin B.	12.30 - 1.30pm SKYBOX Contortion 1 Tara Q.				12.30 - 1.30pm Aerial Fit to Fly Fran S.	12:30 - 1:30pm SKYBOX Aerial Silks 2 Fran
1.30 - 3.30pm SKYBOX Open Workout		1.30 - 3.30pm SKYBOX Open Workout		1.30 - 3.30pm SKYBOX Open Workout		
			3 - 4pm SKYBOX Double Trapeze 1 Fran S.			
		3.30 - 4.30pm SKYBOX Aerial Silks Flow 2 Kae Burke		3.30-4.30pm SKYBOX Lyra 2 Sarah Sadie N.		
4 - 5.15pm Aerial Yoga 2 Kevin B.				4.30 - 5.45pm Handstands Jan M.		4 - 5.15pm Aerial Yoga 1 Kevin B.
	4.30 - 5.30pm SKYBOX Lyra 1 Tara Q.				4 - 5.15pm Aerial Yoga 3 Amanda McD.	
5.30 - 7pm AcroYoga Solar Lotsie C.		5.45 - 7pm Aerial Yoga Flow 1 Sarah Sadie N.	5.45 - 7pm Aerial Yoga 1 Sarah Sadie N.	6 - 7:15pm Aerial Circus Playground Jan M.		5.30 - 6.45pm Aerial Mellow Flow Maisah H.
	6 - 7.15pm Aerial Yoga 1 Amanda W.	<h1>MARCH</h1>			6 - 7pm SKYBOX Aerial Silks 1 Basics Dana A.	
7.15 - 8.45pm AcroYoga Lunar Basics Lotsie C.		7.15 - 8.15pm SKYBOX Aerial Silks 2 Fran S.	7.15 - 8.30pm AcroYoga Performance 6-Week Series Mary A. & Ryan S.	7.30 - 8.45pm Aerial Yoga Blast 1 Kristina C.	CLASS SCHEDULE 	7-9pm SKYBOX Open Workout
	7.30 - 8.45pm Aerial Dance Sarah Sadie N.					
		8.30 - 9.30pm SKYBOX Trapeze 2 Fran S.	9 - 10pm SKYBOX Lyra 2 Tara Q.			
9 - 10pm SKYBOX Aerial Silks 2 Dana A.	9 - 10pm SKYBOX Aerial Silks 1 Basics Sarah Sadie N.	9 - 10pm SKYBOX Aerial Silks 2 Anya S.	9 - 10pm SKYBOX Aerial Silks 1 Basics Dana A.			
Specialty	Aerial Silks & Circus	On the Mat	New Class	Aerial Yoga	AcroYoga	Aerial Restorative