

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|---|--|
| 6:15-7:30 YogaWorks 1/2 Carmen Fitzgibbon | 6:15-7:45 Yoga Blend 1/2 ♫ Bahni Turpin | 6:15-7:30 YogaWorks 1/2 Carmen Fitzgibbon | 6:15-7:45 Yoga Blend 1/2 ♫ Bahni Turpin | 6:15-7:30 YogaWorks 1/2 ♫ Carmen Fitzgibbon | Contemporary Pilates Mat 2 Kiki D. Amanno | 8:15-9:45 Iyengar 2 Marla Apt |
| 9:15-10:40 YW Flow 2/3 Thomas Taubman | 9:15-10:45 Iyengar 1/2 Paul Cabanis | 9:15-10:40 YW Flow 2/3 Thomas Taubman | 9:15-10:45 Iyengar 1/2 Paul Cabanis | 9:15-10:40 YW Flow 2/3 Thomas Taubman | 8:30-9:55 Vinyasa Flow 2 ♫ Eka Ekong | 9:00-10:25 YW Flow 2/3 Amy Lafond |
| 9:15-10:45 Iyengar 1/2 Garth McLean | 9:30-10:45 Yoga Blend 1 Stacie Reeve | 9:15-10:45 Iyengar 1/2 Garth McLean | 9:30-10:45 Yoga Blend 1 Stacie Reeve | 9:15-10:45 Iyengar 1/2 Garth McLean | 9:00-10:30 Yoga Blend 2 Jasmine Lieb | 10:15-11:45 Yoga Blend 1 Stacie Reeve |
| 11:00-12:30 Yoga Blend 1 Kim Fisch | 11:00-12:30 Vinyasa Flow 2/3 ♫ David Lynch | 11:00-12:30 Yoga Blend 1 Kim Fisch | 11:00-12:30 Vinyasa Flow 2/3 ♫ David Lynch | 11:00-12:30 Yoga Blend 1 Kim Fisch | 10:00-11:30 Vinyasa Flow 2/3 ♫ Joan Hyman | 10:30-11:55 Yoga Blend 2/3 ♫ Eka Ekong |
| 12:45-1:45 Vinyasa Flow 2 Gigi Snyder | 12:30-1:25 BarWorks® 1/2 ♫ Jocelyn Kay Levy | 12:45-1:45 Vinyasa Flow 2 Gigi Snyder | 12:30-1:25 BarWorks® 1/2 ♫ Jocelyn Kay Levy | 12:45-1:45 Vinyasa Flow 2 ♫ Eka Ekong | 10:45-12:15 Yoga Blend 1 Jasmine Lieb | 12:00-1:30 Vinyasa Flow 2 Kara Price |
| 2:15-3:45 Yoga Blend 1/2 Alyssa Ablan/ Clio Manuelian★ | 12:45-1:45 Vinyasa Flow 2 ♫ Thomas Taubman | 2:15-3:45 Yoga Blend 1/2 Jennifer Sachs/ Alison Lindgren★ | 12:45-1:45 Vinyasa Flow 2 ♫ Thomas Taubman | 2:15-3:45 Yoga Blend 1/2 Suzie Frank/ Janice Chiou★ | 4:00-5:15 Yoga Blend 1 Stacie Reeve | 4:15-5:45 Yoga Blend 1/2 Romy Phillips |
| 4:30-5:55 Vinyasa Flow 2 Kara Price | 2:15-3:45 Yoga Blend 1/2 Joey Soto/ Chelsea Friedman★ | 4:30-5:55 Vinyasa Flow 2 Kara Price | 2:15-3:45 Yoga Blend 1/2 Nicole Doherty★ | 4:30-5:55 Vinyasa Flow 2 Kara Price | 4:30-5:55 Vinyasa Flow 2/3 ♫ David Kim | 4:30-5:55 Vinyasa Flow 2/3 ♫ David Kim |
| Contemporary Pilates Mat 2 Kiki D. Amanno | 4:15-5:45 Iyengar 1 Chris Stein | Contemporary Pilates Mat 2 Kiki D. Amanno | 4:15-5:45 Iyengar 1 Chris Stein | 6:00-7:25 Vinyasa Flow 2/3 ♫ David Kim | 5:30-7:00 YogaWorks 1/2 Thomas Taubman | Classical Pilates Mat 1 Rani Bechar |
| 6:00-7:25 YW Flow 2/3 ♫ Sarah Ezrin | 4:30-5:45 YW Flow 2 Gigi Snyder | 6:00-7:25 YW Flow 2/3 ♫ Sarah Ezrin | 4:30-5:45 YW Flow 2 Gigi Snyder | 6:00-7:25 Relax Deeply Masha Saprón | | 6:00-7:25 Relax Deeply Margaux Permutt |
| 6:15-7:40 YogaWorks 1/2 ♫ David Lynch | 6:00-7:20 YogaWorks 2/3 ♫ Joan Hyman | 6:15-7:40 YogaWorks 1/2 ♫ David Lynch | 6:00-7:20 YogaWorks 2/3 ♫ Joan Hyman | | | |
| 7:30-8:55 Vinyasa Flow 2/3 ♫ Chris Armas | 6:00-7:25 YogaWorks 1/2 ♫ Eka Ekong | 7:30-8:55 Vinyasa Flow 2/3 ♫ Chris Armas | 6:00-7:25 YogaWorks 1/2 ♫ Eka Ekong | | | |
| 7:45-9:00 Yoga Blend 1 Romy Phillips | 7:25-8:30 YogaWorks 1 Thomas Taubman | 7:45-9:00 Yoga Blend 1 Romy Phillips | 7:25-8:30 YogaWorks 1 Thomas Taubman | | | |
| | 7:30-9:00 Iyengar 1/2 Marla Apt | | 7:30-9:00 Iyengar 1/2 Marla Apt | | | |

LEGEND

♫ Music

★ Class is taught by a 500-hour Teacher Training Graduate