

# now:yoga

**attention!** please refer to the **live schedule** this month while our studio undergoes repairs.

## MON

**10:00 am** [75 mins]  
INTERMEDIATE  
kim

**11:15 am** [70 mins]  
TAI CHI  
jerry

**12:30 pm** [60 mins]  
OPEN LEVEL  
EXPRESS  
edward

~~**1:30 pm** [60 mins]  
YOGA FOR  
SENIORS  
babette returns  
in september~~

**4:30 pm** [60 mins]  
INTERMEDIATE  
jana

**5:30 pm** [55 mins]  
PILATES MAT  
laura c

**6:30 pm** [60 mins]  
WARM VINYASA  
sasha

**7:30 pm** [60 mins]  
BASICS  
beth

## TUES

**10:00 am** [90 mins]  
INTERMEDIATE  
frank

**12:15 pm** [70 mins]  
BASICS  
frank

**5:30 pm** [60 mins]  
YOGA FOR  
STRENGTH  
eric

**6:30 pm** [60 mins]  
PRENATAL  
clare r

**7:30 pm** [60 mins]  
WARM VINYASA  
renata

## WED

~~**8:00 am** [60 mins]  
OPEN LEVEL-  
EXPRESS  
renata returns  
in september~~

**10:00 am** [90 mins]  
INTERMEDIATE  
frank clare returns  
in september

**11:15 am** [60 mins]  
ABSOLUTE  
BEGINNERS  
james

**12:15 pm** [60 mins]  
OPEN LEVEL  
EXPRESS  
amy

~~**1:30 pm** [60 mins]  
YOGA FOR  
SENIORS  
babette returns  
in september~~

**5:30 pm** [60 mins]  
SWEATY EXPRESS  
edward

**6:30 pm** [60 mins]  
WARM VINYASA  
jana

**7:30 pm** [60 mins]  
BASICS  
sasha

## THURS

**10:00 am** [75 mins]  
INTERMEDIATE  
edward

**11:15 am** [60 mins]  
PRENATAL  
clare a

**12:15 pm** [60 mins]  
OPEN LEVEL  
EXPRESS  
joe

**5:30 pm** [60 mins]  
YOGA FOR  
STRENGTH  
frank

**6:30 pm** [60 mins]  
PRENATAL  
shahar

**7:30 pm** [60 mins]  
INTERMEDIATE  
frank

## FRI

**10:00 am** [90 mins]  
INTERMEDIATE  
jana

**12:15 pm** [75 mins]  
BASICS/  
INTERMEDIATE  
amy

**4:00 pm** [75 mins]  
OPEN LEVEL/  
RESTORATIVE  
renata

**5:30 pm** [75 mins]  
INTERMEDIATE/  
ADVANCED  
joe

## SAT

**10:00 am** [90 mins]  
INTERMEDIATE/  
ADVANCED  
frank

**12:00 pm** [75 mins]  
YOGA4CANCER  
jana

**1:30 pm** [75 mins]  
BASICS  
erin

**3:00 pm** [75 mins]  
INTERMEDIATE  
erin

**4:30 pm** [90 mins]  
STRETCH &  
RESTORE  
jana

## SUN

**10:30 am** [90 mins]  
INTERMEDIATE/  
ADVANCED  
renata

**12:30 pm** [75 mins]  
BASICS/  
INTERMEDIATE  
renata

**2:00 pm** [90 mins]  
OPEN LEVEL/  
RESTORATIVE  
edward

**61 4TH AVE ♦ 3RD FL  
BETWEEN 9TH AND 10TH**

**(646) 596 7772 INFO@NOWYOGANY.COM  
@NOWYOGANY**

**Be sure to check the live schedule  
for updates and substitutions:  
nowyogany.com/schedule**