

now:yoga

FALL 2019

MON	TUES	WED	THURS	FRI	SAT	SUN
10:00 am [90 mins] INTERMEDIATE kim	10:00 am [90 mins] INTERMEDIATE frank	7:30 am [75 mins] OPEN LEVEL merav	8:45 am [60 mins] TAI CHI marijke	10:00 am [90 mins] INTERMEDIATE jana	10:00 am [90 mins] INTERMEDIATE/ ADVANCED frank	9:00 am [75 mins] PRENATAL shahar
10:30 am [75 mins] YOGA FOR SENIORS babette	12:15 pm [60 mins] OPEN LEVEL clare a	9:00 am [55 mins] PILATES MAT merav	10:00 am [90 mins] INTERMEDIATE edward	12:15 pm [60 mins] OPEN LEVEL amy	12:00 pm [90 mins] INTERMEDIATE erin	10:30 am [90 mins] INTERMEDIATE/ ADVANCED renata
12:00 pm [75 mins] TAI CHI jerry	12:30 pm [75 mins] BASICS frank	10:00 am [90 mins] INTERMEDIATE clare r	10:15 pm [75 mins] PRENATAL clare a	4:30 pm [90 mins] OPEN LEVEL + RESTORATIVE renata	12:15 pm [75 mins] YOGA4CANCER jana	12:30 pm [75 mins] BASICS/INTERMEDIATE renata
12:15 pm [60 mins] OPEN LEVEL edward	5:15 pm [60 mins] YOGA FOR STRENGTH eric	10:30 am [75 mins] YOGA FOR SENIORS babette	12:00 pm [75 mins] POSTNATAL clare a	6:15 pm [75 mins] INTERMEDIATE/ ADVANCED joe (<i>merav thru december</i>)	2:00 pm [75 mins] BASICS erin	2:00 pm [90 mins] INTERMEDIATE edward
4:30 pm [75 mins] INTERMEDIATE jana	6:30 pm [75 mins] WARM VINYASA renata	12:00 pm [60 mins] ABSOLUTE BEGINNERS james	12:15 pm [60 mins] OPEN LEVEL joe (<i>renata thru december</i>)	4:30 pm [75 mins] YOGA4CANCER lydia	4:30 pm [90 mins] STRETCH & RESTORE jana	3:30 pm [30 mins] MEDITATION edward
5:15 pm [60 mins] YIN dana	6:45 pm [75 mins] PRENATAL clare r	12:15 pm [60 mins] OPEN LEVEL amy	5:15 pm [60 mins] YOGA FOR STRENGTH frank			4:00 pm [60 mins] RESTORATIVE edward
6:00 pm [75 mins] BASICS beth		3:00 pm [55 mins] POSTNATAL PILATES merav	6:00 pm [75 mins] PRENATAL lydia			
6:30 pm [75 mins] WARM VINYASA jana		5:45 pm [75 mins] BASICS edward	6:30 pm [75 mins] WARM VINYASA frank			
7:30 pm [55 mins] PILATES MAT merav		6:30 pm [75 mins] WARM VINYASA sasha	7:30 pm [60 mins] YIN narisara			

61 4TH AVE ♦ 3RD FL
BETWEEN 9TH AND 10TH
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**Be sure to check the live schedule
for updates and substitutions:
nowyogany.com/schedule**