

# NY Loves Yoga Class Schedule

## Monday

7:30-8:30AM Vinyasa Flow with Maria L  
12:30-1:30PM Classic Vinyasa with Ahmed\*  
5:45-6:45PM Classic Vinyasa with Dennis\*  
7:00-8:15PM Classic Vinyasa with Gina\*

## Tuesday

9:30-10:45AM Yoga Essentials with Maria H  
12:30-1:30PM Yoga + Pilates with Laurie  
5:45-6:45PM Hatha Vinyasa with Lucas\*  
7:00-8:15PM Classic Vinyasa with Frank

## Wednesday

7:30-8:30AM Vinyasa Flow with Tristan  
9:30-10:45AM Classic Vinyasa with Kira\*  
5:45-6:45PM Classic Vinyasa with Monica\*  
7:00-8:15PM Classic Vinyasa with Ahmed\*

## Thursday

9:30-10:45AM Vinyasa Flow with Maria L  
12:30-1:30PM Yoga + Pilates with Laurie  
5:45-6:45PM Classic Vinyasa with Lauren  
7:00-8:15PM Healthy Hatha with MJ

## Friday

7:30-8:30AM Vinyasa Flow with Tristan  
9:30-10:45AM Yoga Essentials with Lucas  
12:30-1:30PM Classic Vinyasa with Dennis\*

## Saturday

9:30-10:45AM Hatha Vinyasa with Lucas\*  
11:15-12:30PM Classic Vinyasa with Frank  
12:45-1:45PM Healthy Hatha with Sasha\*  
2:00-3:15PM Classic Vinyasa with Dennis\*

## Sunday

9:30-10:45AM Healthy Hatha with MJ\*  
11:00-12:00PM The Somatic Solution with MJ\*  
12:30-1:45PM Classic Vinyasa with Monica\*  
2:00-3:15PM Yoga Essentials with Gina  
3:30-4:30PM Urban Zen with Gina

## Monday - Friday

8:30-8:50AM Online Meditation with Lucas

\*Hybrid (In-Person & Zoom)