

# NY LOVES YOGA - CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15	Java Vinyasa		Java Vinyasa				
8:30-8:50	**Guided Meditation	**Guided Meditation	**Guided Meditation	**Guided Meditation	**Guided Meditation	9:30-10:45 Hatha Vinyasa	9:30-10:45 Healthy Hatha
9:30-10:45			Classic Vinyasa	Classic Vinyasa	Yoga Essentials		
12:30-1:30	Classic Vinyasa				Slow Flow	11:15-12:30 Slow Vinyasa	11:00-11:45 Somatics <small>Release Muscles &amp; Pain</small>
** Online Class - Sign up via website						12:45-1:30 Gentle Yoga	12:30-1:30 Classic Vinyasa
5:45-6:45	Classic Vinyasa	Classic Vinyasa	Classic Vinyasa	Classic Vinyasa			
7:00-8:15	Classic Vinyasa	Classic Vinyasa	Hatha Vinyasa	Healthy Hatha		2:00-3:15 Classic Vinyasa	2:00-3:15 Yoga Essentials
8:30-9:30			Urban Zen				6:30-7:45 Urban Zen

Sign up: [nylovesyoga.com](http://nylovesyoga.com) email: [info@nylovesyoga.com](mailto:info@nylovesyoga.com) social: [nylovesyoga](https://www.facebook.com/nylovesyoga)  
 140 West 83rd Street, NYC (btw Amsterdam & Columbus Ave)