

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*
11:00-11:45PM 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)