

NY LOVES YOGA - CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-8:50	**Guided Meditation	**Guided Meditation	**Guided Meditation	**Guided Meditation	**Guided Meditation	9:30-10:45 Hatha Vinyasa	9:30-10:45 Pure 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	11:00-12:00 Somatics Release Muscles & Pain
** Online only							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	Classic Vinyasa	Pure Hatha		2:00-3:15 Classic Vinyasa	2:00-3:15 Yoga Essentials
8:30-9:30			Urban Zen				6:30-7:30 Urban Zen
Sign up: nylovesyoga.com email: info@nylovesyoga.com social: nylovesyoga 140 West 83rd Street, NYC (btw Amsterdam & Columbus Ave)							