



Upper East Side

173 East 83rd Street ● 3rd Ave Corner ● (212) 288.YOGA

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	6:15	6:15	6:15	6:15	6:15		
6:30							
7:30							
8:00	8:00	8:00	8:00	8:00	8:00	8:00	8:00
8:30							
9:00						9:00	9:00
9:30	9:30	9:30	9:30	9:30	9:30		
10:00						10:00	10:00
10:30							
11:00	11:00	11:00	11:00	11:00	11:00	11:00	11:00
11:30							
Noon	Noon	Noon	Noon	Noon	Noon	Noon	Noon
12:30							
1:00	1:00		1:00	1:00	1:00	1:00	1:00
1:30							
2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00
2:30							
3:00		3:00		3:00		3:00	3:00
3:30							
4:00	4:00	4:00	4:00	4:00	4:00	4:00	4:00
4:30							
5:00	5:00	5:00	5:00	5:00	5:00	5:00	5:00
5:30							
6:00	6:00	6:00	6:00	6:00	6:00	6:00	6:00
6:30							
7:00	7:00	7:00	7:00	7:00	7:00	7:00	7:00
8:00	8:00	8:00	8:00	8:00	8:00	8:00	8:00
8:30	8:45	8:45	8:45	8:45			

Classes are 90 Min
Updated 4/10/2009

Red Classes are for New Students ● Phone Reservation Required