

WINTER 2018

Schedule is subject to change. Please check yogashanti.com/nyc for up-to-the-minute changes. Registration is recommended at all times.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30am WAKE UP Alexandria Rae	7:30-8:30am WAKE UP Diana Paschal	7:30-8:30am WAKE UP Alexandria Rae	7:30-8:30am WAKE UP Diana Paschal	7:30-8:30am WAKE UP Alexandria Rae		
9:30-10:30am SHANTI OPEN Lindsay Tyson	9:30-10:30am SHANTI FLOW Grace Dubery	9:30-10:30am SHANTI OPEN Lindsay Tyson	9:30-10:30am SHANTI FLOW Grace Dubery	9:30-10:30am SHANTI OPEN Menna Olvera	9:15-10:45am SHANTI FLOW Ally Bogard	9:00-10:15am PRENATAL Darlene Zong
12:00-1:00pm SHANTI FLOW Joyce Levy	12:00-1:00pm SHANTI SWEAT Lindsay Tyson	12:00-1:00pm SHANTI FLOW Joyce Levy	12:00-1:00pm SHANTI SWEAT Lindsay Tyson	12:00-1:00pm SHANTI FLOW Joyce Levy	11:00-12:00pm LEVEL ONE Joanna Sesny	10:30-12:00pm SHANTI FLOW Grace Dubery
12:00-1:00pm LEVEL ONE Alexandria Rae		12:00-1:00pm BEGINNERS CLUB Liz Ilgenfritz		12:00-1:00pm BEGINNER FLOW Guillerma Moreno	12:30-2:00pm SHANTI FLOW Carrie Schneider	12:30-1:30pm SHANTI FLOW Keely Garfield
4:30-5:45pm SHANTI OPEN Carrie Schneider	4:30-5:45pm LEVEL ONE Lippy Orem	4:30-5:45pm SHANTI OPEN Lippy Orem	4:30-5:45pm SHANTI OPEN Chrissy Carter	4:30-5:40pm SHANTI OPEN Jenn Tardif		4:00-5:00pm BEGINNERS CLUB Jenny Hudak
6:00-7:00pm SHANTI SWEAT Ali Cramer	6:00-7:15pm SHANTI OPEN Lippy Orem	6:30-7:45pm SHANTI FLOW Joyce, Colleen, or Rodney	6:30-7:45pm SHANTI SWEAT Aditi Shah	6:00-7:15pm SHANTI FLOW Ali Cramer		5:30-6:30pm SHANTI FLOW Alexandria Rae
6:00-7:00pm LEVEL ONE Jenny Hudak	6:00-7:00pm BEGINNERS CLUB Joanna Sesny	6:30-7:30pm BEGINNERS CLUB Maggan Daeleader	6:30-7:30pm LEVEL ONE Joanna Sesny	7:30-8:30pm URBAN ZEN Gillian Cilibrasi		6:45-8:00pm URBAN ZEN Menna Olvera
7:15-8:30pm SHANTI OPEN Ally Bogard	7:30-8:30pm SHANTI FLOW Alexandria Rae		8:00-9:00pm URBAN ZEN Menna Olvera			
7:30-8:30pm URBAN ZEN Menna Olvera	7:30-8:30pm URBAN ZEN Gina Cunningham					

Intro Offer: \$30 for one week of unlimited yoga.

Class drop-in: \$25, Multi-class packs also available.

For questions or more information,
please contact us at nyc@yogashanti.com

Yoga Shanti NYC

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