



**PURE EAST
NEW YORK**

203 E. 86th St. at 3rd Ave New York NY 10028

MANAGING TEACHER: Danielle Dugan
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SCHEDULE EFFECTIVE: May 29, 2017 - Jun 4, 2017

Entrance to class 5 minutes after start time is not permitted. For safety purposes, we don't allow late entry to any premium classes. Please keep our studios clutter free by leaving personal objects and phones in the locker rooms. Namaste!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 9:30 Mysore (Open) Cancelled Today	6:00 - 7:00 Hot Power Yoga (2/3) Julia Stephens	6:00 - 9:30 Mysore (Open) David Hollander	6:00 - 9:30 Mysore (Open) David Hollander	6:00 - 9:30 Mysore (Open) David Hollander	8:00 - 9:00 Hot Power Yoga (2) Alison O'Connor	8:15 - 10:45 Mysore David Hollander
6:15 - 7:15 Hot Power Yoga (2) Cancelled Today	6:00 - 9:30 Mysore (Open) David Hollander	6:15 - 7:15 Hot Vinyasa (2) Jessica Rapp	6:00 - 7:00 Hot Vinyasa (2/3) Sherman Morris	6:15 - 7:15 Hot Vinyasa (2) Danielle Dugan	9:00 - 10:15 Basics (1) Sho Higuchi	8:30 - 9:30 Hot Vinyasa (Open) Rebecca Sandlin
8:30 - 9:30 Hot Power Yoga (2) Cancelled Today	7:00 - 8:00 Vinyasa (2) Isaac Pena	6:30 - 7:30 Vinyasa (2) VR Colletti	7:00 - 8:00 Vinyasa (2) Amanda Murdock	8:30 - 9:30 Hot Vinyasa (2) Tanya Boulton	9:30 - 11:00 Vinyasa (2) Kay Kay Clivio	9:30 - 10:45 Vinyasa (2) Cooper Chou
8:45 - 9:45 Vinyasa (2) Cancelled Today	8:30 - 9:30 Hot Power Yoga (2) Jackie Simon	8:30 - 9:30 Hot Power Yoga (2/3) Lindsey Valdez	8:30 - 9:30 Hot Power Yoga (2) Amanda Murdock	9:00 - 10:00 Vinyasa (2) Kristin Lewis	9:45 - 10:45 Hot Vinyasa (2) Danielle Dugan	10:00 - 11:00 Hot Power Yoga (2/3) Amanda Murdock
9:45 - 10:45 Pure Sweat & Sculpt Cancelled Today	9:30 - 11:00 Mysore (Open) Carly Hunter	8:45 - 9:45 Vinyasa (2) Rebecca Hajek	9:30 - 11:00 Mysore (Open) Carly Hunter	10:30 - 12:00 Slow Flow Meditation (1/2) Stephanie Ervin	10:30 - 12:00 Slow Flow Meditation (1/2) Sho Higuchi	11:00 - 12:15 Vinyasa (1/2) Cooper Chou
10:30 - 12:00 Slow Flow Meditation (1) Cancelled Today	9:45 - 11:00 Vinyasa (2) Erica Mather	9:30 - 11:00 Mysore (Open) Carly Hunter	9:45 - 11:00 Vinyasa (2) Erica Mather		11:15 - 12:30 Hot Vinyasa (2/3) Terrence Monte	11:15 - 12:30 Basics (1) Sho Higuchi
	10:30 - 12:00 Yin/Yang (1) Dana Slamp	10:00 - 11:00 Hot Power Yoga (2) Erica Goss Goldstein	10:30 - 12:00 Yin/Yang (1) Karen Nourizadeh		11:30 - 1:00 Vinyasa (2/3) Kiley Holliday	
		10:00 - 11:30 Iyengar (1) Adam Vitolo				
12:00 - 1:15 Vinyasa (2) Scott Harig	12:00 - 1:00 Vinyasa (2) Danielle Dugan	12:00 - 1:15 Vinyasa (2/3) Cooper Chou	12:00 - 1:00 Vinyasa (2) Leila Zimbel	12:00 - 1:00 Vinyasa (1/2) Karen Nourizadeh	12:15 - 1:15 Classical Hatha (1/2) Jon Witt	12:30 - 2:30 Vinyasa Jam 2/3 (The Jam) Miles Borrero
1:00 - 2:00 Hot Vinyasa (2) Brian Nygard	12:30 - 1:30 Restorative (Open) Mary Aranas	1:00 - 2:00 Hot Power Yoga (2) Rebecca Hajek	1:00 - 2:00 Hot Power Yoga (2) Kiley Holliday	1:00 - 2:00 Hot Vinyasa (2/3) Domenic Savino	3:00 - 4:00 Hot Power Yoga (2/3) Alison O'Connor	2:00 - 3:00 Hot Power Yoga (2/3) Esco Wilson
1:15 - 2:00 Restorative (Open) Cancelled Today	1:00 - 2:00 Hot Power Yoga (2) Terrence Monte	4:00 - 5:00 Vinyasa (1/2) Danielle Dugan	4:00 - 5:00 Vinyasa Basics (1/2) Sonja Rzepski	1:15 - 2:00 Meditation: Yoga Nidra Karen Nourizadeh	4:15 - 5:15 Meditation: Yoga Nidra Laura Brandel	4:00 - 5:15 Hot Power Yoga (2/3) Juan Gamboa
1:15 - 2:15 Restorative (Open) Michelle Officer	2:00 - 3:00 CC: Vinyasa (Open) Kristie Walsh	4:30 - 5:30 Hot Power Yoga (2/3) VR Colletti	4:30 - 5:30 Hot Power Yoga (2/3) Scott Harig	4:00 - 5:15 Vinyasa (1/2) Isaac Pena		4:30 - 6:00 Prema Vinyasa (2/3) Dana Slamp
3:00 - 4:00 Hot Vinyasa (2) Danielle Dugan	4:00 - 5:00 Vinyasa (1/2) Miles Borrero			4:30 - 5:45 Hot Power Yoga (2/3) Julia Stephens		
3:00 - 4:00 Vinyasa Basics (1/2) Eddie Teboul	4:30 - 5:30 Hot Power Yoga (2/3) Julia Stephens					
4:00 - 5:00 Vinyasa Basics (1/2) Cancelled Today						
4:30 - 5:30 Hot Vinyasa (2) Cancelled Today						
5:00 - 5:30 Meditation: Breathe Cancelled Today	5:30 - 6:30 Basics (1) Stephanie Ervin	6:00 - 7:00 Hot Power Yoga (2/3) Halle Homegirl	5:30 - 6:00 Meditation: Fundamentals Sho Higuchi	5:30 - 6:30 Restorative (Open) Stephanie Ervin	5:30 - 6:45 Vinyasa (2) Leila Zimbel	5:30 - 6:30 Slow Flow Yoga (1/2) Stephanie Ervin
5:30 - 6:00 Meditation: Fundamentals Cancelled Today	5:30 - 6:00 Meditation: Fundamentals Annette Vetere	6:00 - 6:45 Meditation: Yoga Nidra Laura Brandel	5:30 - 6:30 Vinyasa Basics (1/2) Jon Witt	6:00 - 7:00 Vinyasa (2) David Hollander		6:30 - 7:45 Restorative (Open) Dana Slamp
6:00 - 7:30 Vinyasa (2/3) Cancelled Today	6:00 - 7:15 Prema Vinyasa (2) Dana Slamp	6:15 - 7:15 Vinyasa (1/2) Danielle Dugan	6:15 - 7:30 Hot Power Yoga (2/3) Juan Gamboa	6:15 - 7:15 Hot Power Yoga (2/3) Juan Gamboa		6:30 - 7:30 Hot Slow Flow (1/2) Matt Lombardo
6:00 - 7:00 Hot Vinyasa (2) Cancelled Today	6:00 - 7:00 Hot Power Yoga (2/3) Rebecca Hajek	7:00 - 8:30 Vinyasa (2/3) Isaac Pena	6:15 - 7:30 Iyengar 1/2 Adam Vitolo			
6:15 - 7:15 Vinyasa (1/2) Cancelled Today	6:45 - 8:15 Pure Elevation (3) Miles Borrero	7:30 - 8:30 Yin Yoga (Open) Braxton Rose	6:45 - 8:15 Pure Elevation (3) Miles Borrero			
6:45 - 8:00 Forrest Yoga (Open) Cancelled Today	7:30 - 8:30 Hot Slow Flow (2) Sho Higuchi	7:30 - 8:30 Hot Slow Flow (1/2) Kate Kuss	8:00 - 9:00 Hot Vinyasa (2) David Hollander			
7:30 - 8:30 Hot Vinyasa (2) Cancelled Today	8:15 - 9:15 Vinyasa Basics (1/2) Mariah Betts					
7:45 - 8:45 Yin Yoga (Open) Cancelled Today						