



**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: Sep 25, 2017 - Oct 1, 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) David Hollander	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) Esco Wilson	8:15 - 10:45 Mysore (Open) David Hollander
6:15 - 7:15 Hot Power Yoga (2) Alison O'Connor	6:00 - 9:30 Mysore (Open) David Hollander	6:15 - 7:15 Hot Vinyasa (2) Esco Wilson	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) Cancelled Today	8:30 - 9:30 Hot Vinyasa (Open) Braxton Rose
8:30 - 9:30 Hot Power Yoga (2) Halle Homegirl	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) Cancelled Today	9:30 - 10:45 Vinyasa (2) Mariah Betts
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) Rebecca Hajek	8:30 - 9:30 Hot Power Yoga (2) Amanda Murdock	9:00 - 10:00 Vinyasa (2) Kristin Lewis	9:30 - 10:30 Vinyasa (2) Julia Stephens	10:00 - 11:00 Hot Power Yoga (2/3) Amanda Murdock
9:00 - 10:00 Vinyasa (2) Jess Ray	9:30 - 11:00 Mysore (Open) Carly Hunter	9:00 - 10:00 Vinyasa (2) Amanda Murdock	9:30 - 11:00 Mysore (Open) Carly Hunter	10:30 - 12:00 Slow Flow Meditation (1/2) Stephanie Ervin	9:45 - 10:45 Hot Power Yoga (2/3) Julia Stephens	11:15 - 12:30 Basics (1) Sho Higuchi
10:30 - 12:00 Slow Flow Meditation (1) Mary Aranas	9:45 - 11:00 Vinyasa (2) Erica Mather	9:30 - 11:00 Mysore (Open) Carly Hunter	9:45 - 11:00 Vinyasa (2) Erica Mather		10:30-12:00 Slow Flow Meditation (1/2) Cancelled Today	
	10:30 - 12:00 Yin/Yang (1) Dana Slamp	10:00-11:30 Iyengar (1) Cancelled Today	10:30 - 12:00 Yin/Yang (1) Karen Nourizadeh		10:45 - 12:00 Slow Flow Meditation (1) Sho Higuchi	
		10:00 - 11:00 CC: Hot Power (Open) Mac Lewis			11:15 - 12:30 Hot Vinyasa (2/3) Esco Wilson	
		10:00 - 12:00 Iyengar Restorative & Pranayama Adam Vitolo			11:30-1:00 Vinyasa (2/3) Cancelled Today	
12:00 - 1:15 Vinyasa (2/3) Scott Harig	12:00 - 1:00 Vinyasa (2) Danielle Dugan	12:00 - 1:00 Vinyasa (2/3) Mariah Betts	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 Power Yoga (2) Jimmy Nataraj Burgio	12:30 - 1:30 Restorative (Open) Mary Aranas	1:00 - 2:00 Hot Power Yoga (2) Rebecca Hajek	12:30 - 1:30 Restorative (Open) Mary Aranas	1:00 - 1:45 Meditation: Yoga Nidra Karen Nourizadeh	3:00 - 4:00 Hot Power Yoga (2/3) Alison O'Connor	2:00 - 3:00 Hot Power Yoga (2/3) Esco Wilson
1:00 - 2:00 Meditation: Yoga Nidra Mary Aranas	1:00 - 2:00 Hot Power Yoga (2) Esco Wilson	4:00 - 5:00 Vinyasa (1/2) Danielle Dugan	1:00 - 2:00 Hot Power Yoga (2) Kiley Holliday	1:00 - 2:00 Hot Vinyasa (2/3) Amanda Murdock	4:15 - 5:15 Meditation: Yoga Nidra Laura Brandel	4:00 - 5:15 Hot Power Yoga (2/3) Juan Gamboa
4:00 - 5:00 Vinyasa Basics (1/2) Karen Nourizadeh	4:00 - 5:00 Vinyasa (1/2) Miles Borrero	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
4:30 - 5:30 Hot Vinyasa (2) Kay Kay Clivio	4:30 - 5:30 Hot Power Yoga (2/3) Julia Stephens			4:30 - 5:45 Hot Power Yoga (2/3) Julia Stephens		
5:00 - 5:30 Meditation: Breathe Karen Nourizadeh	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	6:00 - 7:00 Vinyasa (2) David Hollander	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 Karen Nourizadeh	5:30 - 6:30 Yin Yoga (Open) Karen Nourizadeh	6:00 - 6:45 Meditation: Yoga Nidra Laura Brandel	5:30 - 6:30 Vinyasa Basics (1/2) Jon Witt	6:00 - 7:00 Restorative (Open) Stephanie Ervin		6:30 - 7:30 Hot Slow Flow (1/2) David Hollander
6:00 - 7:30 Vinyasa (2/3) Isaac Pena	6:00 - 7:15 Prema Vinyasa (2) Dana Slamp	6:15 - 7:15 Vinyasa (1/2) Danielle Dugan	6:00 - 7:15 Hot Power Yoga (2/3) Juan Gamboa	6:15 - 7:15 Hot Power Yoga (2/3) Juan Gamboa		6:30 - 7:45 Restorative (Open) Dana Slamp
6:00 - 7:00 Hot Vinyasa (2) Amanda Murdock	6:00 - 7:00 Hot Power Yoga (2/3) Julia Stephens	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) Jon Witt	6:30 - 8:00 Pure Elevation (3) Miles Borrero	7:30 - 8:30 Hot Slow Flow (1/2) Kate Kuss	6:30 - 8:00 Pure Elevation (3) Miles Borrero			
6:45 - 8:00 Forrest Yoga (Open) Lola Rephann	7:30 - 8:30 Hot Slow Flow (2) Jessica Rapp	7:30 - 8:30 Yin Yoga (Open) Braxton Rose	7:30 - 8:30 Hot Power Yoga (2) David Hollander			
7:30 - 8:30 Hot Vinyasa (2) Holly Corey	8:15 - 9:15 Vinyasa Basics (1/2) Mariah Betts					
7:30 - 8:30 Yin Yoga (Open) Kate Kuss						