



**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:** Jul 24, 2017 - Jul 30, 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) Carly Hunter	6:00 - 7:00 Hot Power Yoga (2/3) Julia Stephens	6:00 - 9:30 Mysore (Open) Carly Hunter	6:00 - 9:30 Mysore (Open) Carly Hunter	6:00 - 9:30 Mysore (Open) Carly Hunter	9:00 - 10:15 Basics (1) Sho Higuchi	<del>8:15 - 10:45 Mysore</del> <b>Cancelled Today</b>
6:15 - 7:15 Hot Power Yoga (2) Alison O'Connor	6:00 - 9:30 Mysore (Open) Carly Hunter	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 - 10:00 Hot Power Yoga (2) Matt Lombardo	8:30 - 9:30 Hot Vinyasa (Open) Alison O'Connor
8:30 - 9:30 Hot Power Yoga (2) Rebecca Sandlin	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	9:00 - 10:45 Mysore (Open) David Hollander
8:45 - 9:45 Vinyasa (2) Amanda Murdock	8:30 - 9:30 Hot Power Yoga (2) Danielle Dugan	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) Karen Nourizadeh	10:30 - 12:00 Slow Flow Meditation (1/2) Sho Higuchi	<del>9:30 - 10:45 Vinyasa (2)</del> <b>Cancelled Today</b>
<del>9:45 - 10:45 Pure Sweat &amp; Sculpt</del> <b>Cancelled Today</b>	9:30 - 11:00 Mysore (Open) Gail King	9:00 - 10:00 Vinyasa (2) Pam Reece	9:30 - 11:00 Mysore (Open) Brandon McGregor	10:30 - 12:00 Slow Flow Meditation (1/2) Stephanie Ervin	11:15 - 12:30 Hot Vinyasa (2/3) Rebecca Sandlin	9:30 - 10:45 Vinyasa (2) Eddie Teboul
10:30 - 12:00 Slow Flow Meditation (1) Mary Aranas	9:45 - 11:00 Vinyasa (2) Lola Rephann	9:30 - 11:00 Mysore (Open) Brandon McGregor	9:45 - 11:00 Vinyasa (2) Sonja Rzepski	10:30 - 12:00 Yin/Yang (1) Karen Nourizadeh	11:30 - 1:00 Vinyasa (2/3) Rebecca Sandlin	10:00 - 11:00 Hot Power Yoga (2/3) Amanda Murdock
	10:30 - 12:00 Yin/Yang (1) Dana Slamp	<del>10:00 - 11:00 Hot Power Yoga (2)</del> <b>Cancelled Today</b>				<del>11:00 - 12:15 Vinyasa (1/2)</del> <b>Cancelled Today</b>
		10:00 - 11:30 Iyengar (1) Adam Vitolo				11:15 - 12:30 Basics (1) Sho Higuchi
12:00 - 1:15 Vinyasa (2/3) Scott Harig	12:00 - 1:00 Vinyasa (2) Danielle Dugan	12:00 - 1:15 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	<del>12:30 - 2:30 Vinyasa Jam 2/3 (The Jam)</del> <b>Cancelled Today</b>
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 - 2:00 Hot Vinyasa (2/3) Domenic Savino	3:00 - 4:00 Hot Power Yoga (2/3) Alison O'Connor	12:30 - 2:00 Vinyasa Jam 2/3 (The Jam) Joseph Sbarro
1:15 - 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) Angela Leigh	1:15 - 2:00 Meditation: Yoga Nidra Karen Nourizadeh	4:15 - 5:15 Meditation: Yoga Nidra Laura Brandel	2:00 - 3:00 Hot Power Yoga (2/3) Kristin Calabria
4:00 - 5:00 Vinyasa Basics (1/2) Karen Nourizadeh	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		4:00 - 5:15 Hot Power Yoga (2/3) Juan Gamboa
4:30 - 5:30 Hot Vinyasa (2) Kay Kay Clivio	4:00 - 5:00 Vinyasa (1/2) Miles Borrero			4:30 - 5:45 Hot Power Yoga (2/3) Mariah Betts		4:30 - 6:00 Prema Vinyasa (2/3) Eddie Teboul
	4:30 - 5:30 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) Rebecca Sandlin	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 Karen Nourizadeh	5:30 - 6:00 Meditation: Fundamentals 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 Vinyasa (2) David Hollander	6:00 - 7:00 Vinyasa (2) David Hollander	6:30 - 7:30 Hot Slow Flow (1/2) Matt Lombardo
6:00 - 7:30 Vinyasa (2/3) Isaac Pena	6:00 - 7:15 Prema Vinyasa (2) Dana Slamp	6:00 - 7:00 Trigger Point for Therapeutic Relief Sonja Rzepski	6:15 - 7:30 Hot Power Yoga (2/3) Domenic Savino	6:15 - 7:15 Hot Power Yoga (2/3) Juan Gamboa		6:30 - 7:45 Restorative (Open) Stephanie Ervin
6:00 - 7:00 Hot Vinyasa (2) Amanda Murdock	6:00 - 7:00 Hot Power Yoga (2/3) Rebecca Hajek	6:15 - 7:15 Vinyasa (1/2) Danielle Dugan	6:15 - 7:30 Iyengar 1/2 Adam Vitolo			
6:15 - 7:15 Vinyasa (1/2) Jon Witt	6:45 - 8:15 Pure Elevation (3) Miles Borrero	7:00 - 8:30 Vinyasa (2/3) Isaac Pena	6:45 - 8:15 Pure Elevation (3) Philip Askew			
6:45 - 8:00 Forrest Yoga (Open) Lola Rephann	7:30 - 8:30 Hot Slow Flow (2) Lola Rephann	7:30 - 8:30 Hot Slow Flow (1/2) Rebecca Sandlin	8:00 - 9:00 Hot Vinyasa (2) David Hollander			
7:30 - 8:30 Hot Vinyasa (2) Kristin Calabria	8:15 - 9:15 Vinyasa Basics (1/2) Mariah Betts	7:30 - 8:30 Yin Yoga (Open) Lola Rephann				
7:30 - 8:30 Yin Yoga (Open) Kate Kuss						