



**PURE WEST
NEW YORK**

204 W. 77th St. New York NY 10024

MANAGING TEACHER: Andrea Borrero
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SCHEDULE EFFECTIVE: Jun 27, 2016 - Jul 3, 2016

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 - 10:00 Ashtanga Open Practice Scott Harig	6:00 - 10:00 Ashtanga Open Practice Scott Harig	6:00 - 7:00 Hot Vinyasa (Open) Kate Kuss	6:00 - 10:00 Ashtanga Open Practice Scott Harig	6:00 - 10:00 Ashtanga Open Practice Scott Harig	8:00-9:00 Hot Vinyasa (Open) Cancelled Today	8:00-9:00 Hot Power Yoga (2/3) Cancelled Today
6:00 - 7:00 Hot Power Yoga (2) Juan Gamboa	6:00 - 7:00 Hot Vinyasa (Open) Rebecca Sandlin	6:00 - 10:00 Ashtanga Open Practice Scott Harig	6:00 - 7:00 Hot Power Yoga (2) Alison O'Connor	6:00 - 7:00 Hot Power Yoga (2) Julia Stephens	9:30 - 10:30 Hot Vinyasa (Open) Taylor Dunham	9:00 - 10:45 Ashtanga (2/3) Scott Harig
7:15 - 8:15 CC: Vinyasa (Open) Elyse Cromer	7:15 - 8:15 Vinyasa (1/2) Jon Witt	7:00 - 8:00 Meditation (Open) Kate Kuss	7:15 - 8:15 Vinyasa (1/2) Rachel Durga Page	8:00 - 9:00 Hot Power Yoga (2) Lindsey Valdez	9:30 - 11:00 Ashtanga (1/2) Andrea Borrero	9:15 - 10:30 Vinyasa (2) Jimmy Burgio
8:00 - 9:00 Hot Power Yoga (2) Andrea Borrero	9:15 - 10:15 Hot Vinyasa (2) Emily Faurholt	8:00 - 9:00 Hot Power Yoga (2) Esco Wilson	9:15 - 10:15 Hot Vinyasa (2) Lauren Taus	9:15 - 10:15 Vinyasa (Open) Lisa Anzelmo	10:00 - 11:15 Iyengar (1) Kavi Patel	9:30 - 10:30 Hot Power Yoga (2) Julia Stephens
9:15 - 10:15 Vinyasa (2) Kiley Holliday	9:30 - 10:30 Vinyasa (2) Matt Lombardo	9:15 - 10:15 Vinyasa (2) Kiley Holliday	9:30 - 10:30 Vinyasa (2) Rebecca Hajek	9:15 - 10:15 Hot Power Yoga (2) Rebecca Hajek	10:30 - 11:30 Classical Hatha (Open) Ahmed Soliman	10:45 - 11:45 Basics (1) Stephanie Carey
9:15 - 10:15 Hot Power Yoga (2/3) Kajuan Douglas	10:00 - 11:00 Ashtanga Open Practice Andrea Borrero	9:15 - 10:15 Hot Power Yoga (2/3) Jimmy Burgio	10:00 - 11:00 Ashtanga Open Practice Andrea Borrero	10:45 - 12:00 Alignment Basics Sonja Rzepski	11:30 - 12:15 Yoga Nidra Shakti	11:00 - 12:15 Prema Vinyasa (Open) Dana Slamp
10:45 - 12:00 Alignment Basics Jon Witt	10:45 - 12:00 Iyengar (1/2) Adam Vitolo	10:45 - 12:00 Alignment Basics Jon Witt	10:45 - 12:00 Iyengar (2) Adam Vitolo	11:30 - 12:30 Restorative (Open) Mary Aranas	11:30 - 12:45 Slow Flow (Open) Sonja Rzepski	11:30 - 12:30 Hot Power Yoga (2) Jacob Kyle
					11:30 - 12:30 Hot Power Yoga (2) Juan Gamboa	
12:15 - 1:15 Restorative (Open) Stephanie Carey	12:00 - 1:00 Vinyasa (2) Rebecca Sandlin	12:15 - 1:30 Yin/Yang (1/2) Anna Chung	12:00 - 1:00 Vinyasa (2) Sonja Rzepski	12:15 - 1:30 Vinyasa (2) Scott Harig	2:00 - 3:30 Vinyasa (2) Matt Lombardo	12:00 - 1:30 Vinyasa (Open) Eddie Teboul
12:15 - 1:30 Vinyasa (2/3) Melini Jesudason	12:30 - 1:30 Hot Vinyasa (2) Lauren Taus	12:30 - 1:30 Hot Power Yoga (2/3) Scott Harig	12:30 - 1:30 Hot Vinyasa (2/3) Terrence Monte	12:30 - 1:30 Hot Vinyasa (Open) Andrea Borrero	2:30 - 3:30 Basics (1) Jon Witt	3:00 - 4:00 Hot Power Yoga (2) Julia Stephens
12:30 - 1:30 Hot Power Yoga (2) Cooper Chou	2:00 - 3:15 Vinyasa (Open) Stephanie Carey	2:00 - 3:15 Vinyasa (2) Lauren Taus	2:00 - 3:15 Vinyasa (2) Jena Maenius	2:00 - 3:15 Vinyasa (2/3) Domenic Savino	3:00 - 4:00 Hot Power Yoga (2/3) Braxton Rose	3:00 - 4:00 CC: Vinyasa (Open) Kira Fox
2:00 - 3:15 Vinyasa (2) Emily Faurholt	4:00 - 5:15 Vinyasa (2) Pam Reece	3:00 - 4:15 Iyengar 1/2 Kavi Patel	4:00 - 5:15 Vinyasa (2/3) Jena Maenius	4:00 - 5:00 Vinyasa (Open) Pam Reece		3:45 - 4:45 Yamuna Body Rolling Sara Towber
4:00 - 5:15 Forrest Inspired Vinyasa (2) Erica Mather	4:30 - 5:30 Hot Vinyasa (2) Lindsey Valdez	4:00 - 5:15 Forrest Inspired Vinyasa Erica Mather	4:30 - 5:30 Hot Vinyasa (2) Tanya Boulton	4:30 - 5:30 Hot Power Yoga (2/3) Amanda Murdock		4:00 - 5:00 Slow Flow (Open) Ahmed Soliman
4:30 - 5:30 Hot Vinyasa (2) Lindsey Valdez		4:30 - 5:30 Hot Power Yoga (2/3) Kiley Holliday				
4:30 - 5:30 CC: Ashtanga (Open) Ashtanga Staff						
5:00 - 6:00 Slow Flow (Open) Pam Reece	6:00 - 7:15 Vinyasa (2/3) Isaac Pena	5:00 - 6:00 Slow Flow (Open) Lindsey Valdez	6:00 - 7:15 Vinyasa (2/3) Tanya Boulton	5:00-6:00 Slow Flow Yoga (1/2) Cancelled Today	5:00-6:00 Hot Power Yoga (2/3) Cancelled Today	5:00-6:00 Slow Flow (Open) Cancelled Today
6:00 - 7:00 Yamuna Body Rolling Rick Panson	6:00 - 7:15 Iyengar (1/2) Adam Vitolo	6:15 - 7:15 Yamuna Body Rolling Nancy Byrne	6:00 - 7:15 Yin/Yang (1/2) Emily Faurholt	5:30-6:15 Yoga Nidra Cancelled Today		5:00-6:00 Hot Vinyasa (Open) Cancelled Today
6:15 - 7:15 Forrest Inspired Vinyasa (1/2) Erica Mather	6:15 - 7:15 Hot Vinyasa (Open) Andrea Borrero	6:15 - 7:15 Hot Power Yoga (2) Kiley Holliday	6:15 - 7:15 Hot Power Yoga (2) Andrea Borrero	6:15-7:15 Candlelight Flow (Heated) (2) Cancelled Today		6:15-7:15 Restorative (Open) Cancelled Today
6:15 - 7:15 Hot Power Yoga (2/3) Jimmy Burgio	7:15 - 8:00 Yoga Nidra Karen Nourizadeh	6:15 - 7:15 Forrest Inspired Vinyasa (1/2) Erica Mather	7:15 - 8:00 Yoga Nidra Kate Kuss	6:30-7:45 Vinyasa (2/3) Cancelled Today		6:15-7:30 Vinyasa (2/3) Cancelled Today
6:30 - 7:45 Vinyasa (2/3) Philip Askew	7:30 - 9:00 Vinyasa (2) Matt Lombardo	6:30 - 7:45 Vinyasa (2/3) Philip Askew	7:30 - 9:00 Vinyasa (2) Eddie Teboul			
7:30 - 8:45 Vinyasa (2) Jacob Kyle	7:45 - 8:45 Hot Basics Andrea Borrero	7:30-8:45 Vinyasa (2) Cancelled Today	7:30 - 8:30 Basics (1) Sonja Rzepski			
7:45 - 8:45 Hot Slow Flow (1/2) David Hollander	8:15 - 9:15 Restorative (Open) Annette Vetere	7:45 - 8:45 Hot Slow Flow (1/2) Rebecca Hajek	7:45 - 8:45 Hot Power Yoga (2/3) Alison O'Connor			
8:15 - 9:15 Basics (1) Karen Nourizadeh		8:00 - 9:15 Basics (1) Karen Nourizadeh	8:15 - 9:15 Restorative (Open) Sho Higuchi			