



**PURE WEST  
NEW YORK**

204 W. 77th St. New York NY 10024

**MANAGING TEACHER:** Andrea Borrero  
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**SCHEDULE EFFECTIVE:** Mar 11, 2013 - Mar 17, 2013

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 - 7:00 Hot Vinyasa (Open) Taylor Dunham	6:00 - 7:00 Hot Vinyasa (Open) Kate Kuss	6:00 - 7:00 Hot Vinyasa (Open) Serena Tom	6:00 - 7:00 Hot Vinyasa (Open) Rebecca Hajek	6:00 - 7:00 Hot Vinyasa (Open) Monja Mani	8:30 - 9:30 Hot Power Yoga (2) Sonja Rzepski	8:00 - 11:00 Mysore (Open) Kimberly Flynn
<b>6:30 - 10:00 Mysore (Open) Cancelled Today</b>	6:30 - 10:00 Mysore (Open) Kimberly Flynn	6:30 - 10:00 Mysore (Open) Kimberly Flynn	6:30 - 10:00 Mysore (Open) Kimberly Flynn	7:00 - 10:00 Mysore (Open) Michael Guiou	9:00 - 10:15 Iyengar 1/2 Adam Vitolo	9:15 - 10:15 Hot Power Yoga (2) Kristi McNeill
9:15 - 10:25 Hot Power Yoga (2/3) Scott Harig	7:15 - 8:15 Vinyasa (1/2) Kate Kuss	9:15 - 10:25 Hot Power Yoga (2/3) Scott Harig	7:15 - 8:15 Vinyasa (1/2) Sonja Rzepski	8:00 - 9:00 Hot Power Yoga (2) Scott Harig	9:30 - 11:00 Ashtanga (2/3) Scott Harig	9:30 - 10:30 Vinyasa (2) Monja Mani
9:30 - 10:30 Vinyasa (2) Kiley Holliday	9:15 - 10:15 Hot Power Yoga (2) Kay Kay Clivio	9:30 - 10:30 Vinyasa (2) Dominick Hiddo	9:15 - 10:15 Hot Power Yoga (2) Kay Kay Clivio	9:15 - 10:45 Power Vinyasa (2/3) Sherman Morris	9:45 - 10:45 Power Yoga Sculpt -- Hot Andrea Borrero	10:45 - 11:45 Basics (1) Stephanie Ervin
11:30 - 1:00 Alignment Basics Laura Wootton	9:30 - 10:45 Vinyasa (2) Lori McAlister	11:30 - 1:00 Alignment Basics Laura Wootton	9:30 - 10:45 Vinyasa (2) Isaac Pena	10:30 - 12:00 Slow Flow Meditation (1/2) Mary Aranas	10:30 - 11:30 Classical Hatha (Open) Yogi Charu	11:00 - 12:00 Hot Power Yoga (2) Danya Merson
	10:45 - 12:00 Iyengar 1/2 Eve Holbrook		10:45 - 12:00 Iyengar (2) Adam Vitolo		10:30 - 11:30 Slow Flow (2) Karen Nourizadeh	11:15 - 12:45 Prema Vinyasa (2) Dana Slamp
	11:00 - 12:30 Yin/Yang (1) Kay Kay Clivio		11:00 - 12:30 Yin/Yang (1) Mary Aranas		11:00 - 12:00 Hot Power Yoga (2) Taylor Dunham	
					11:30 - 12:45 Power Vinyasa (2) Scott Harig	
					11:45 - 12:15 Meditation: Fundamentals Yogi Charu	
12:00 - 1:00 Vinyasa (2/3) Philip Askew	12:15 - 1:30 Anusara (1/2) Jackie Prete	12:15 - 1:30 Vinyasa (2) Pam Reece	12:15 - 1:30 Anusara (1/2) Jackie Prete	12:15 - 1:30 Basics - Anusara Jackie Prete	12:30 - 1:45 Slow Flow Meditation (1/2) Sonja Rzepski	1:00 - 2:30 Vinyasa (2) Eddie Teboul
12:15 - 1:30 Vinyasa (2) Pam Reece	12:30 - 1:30 Hot Power Lunch Hour (2) Dana Slamp	12:30 - 1:30 Hot Power Lunch Hour (2) Tanya Boulton	12:30 - 1:30 Hot Power Lunch Hour (2) Dana Slamp	12:30 - 1:30 Hot Power Lunch Hour Kay Kay Clivio	2:00 - 3:30 Vinyasa (2) Matt Lombardo	2:00 - 3:00 Basics (1) Kristi McNeill
12:45 - 2:00 Iyengar 1/2 Sarah Perron	2:00 - 3:15 Vinyasa (2) Matt Giordano	12:45 - 2:00 Iyengar (2) Sarah Perron	2:00 - 3:15 Vinyasa (2) Matt Giordano	12:45 - 2:00 Vinyasa (2) Lori McAlister	2:30 - 3:30 Basics (1) Jon Witt	3:15 - 4:15 Hot Power Yoga (2) Kiley Holliday
4:15 - 5:30 Forrest Inspired Vinyasa (2) Erica Mather	4:15 - 5:30 Vinyasa (2) Pam Reece	4:15 - 5:30 Forrest Inspired Vinyasa (2) Erica Mather	3:30 - 4:30 CC: Slow Flow Elizabeth Feinstone	3:45 - 4:45 Vinyasa (2) Pam Reece	3:30 - 4:30 Hot Power Yoga (2) Serena Tom	
4:30 - 5:30 Hot Power Yoga (2) Andrea Borrero	4:30 - 5:30 Hot Power Yoga (2) Rebecca Hajek	4:30 - 5:30 Hot Power Yoga (2) Lisa Anzelmo	4:15 - 5:45 Vinyasa (2/3) Dana Slamp	4:30 - 5:30 Hot Power Yoga (2) Rebecca Hajek	3:45 - 5:00 Yin/Yang (1/2) Tara Dhyani	
			4:30 - 5:30 Hot Power Yoga (2) Loren Bassett		4:30 - 6:00 Vinyasa (2/3) Lisa Anzelmo	
5:00 - 6:00 Slow Flow Yoga (1/2) Jessica Caplan	5:30 - 6:00 Meditation: Fundamentals Yogi Charu	5:00 - 6:00 Slow Flow Yoga (1/2) Kristi McNeill	5:30 - 6:00 Meditation: Fundamentals Yogi Charu	5:00 - 6:00 Slow Flow Yoga (1/2) Matt Giordano	5:00 - 6:00 Hot Power Yoga (2) Kay Kay Clivio	5:00 - 6:00 Slow Flow Yoga (1/2) Jessica Caplan
6:00 - 7:00 Vinyasa (1/2) Erica Mather	6:00 - 7:15 Vinyasa (2/3) Isaac Pena	6:00 - 7:00 Hot Power Yoga (2) Dana Slamp	6:00 - 7:15 Vinyasa (2/3) Loren Bassett	6:00 - 7:15 Candlelight Flow (Heated) (2) Scott Harig		5:15 - 6:15 Hot Basics Tanya Boulton
6:00 - 7:00 Hot Power Yoga (2) Scott Harig	6:00 - 7:00 Hot Power Yoga (2) Kay Kay Clivio	6:00 - 7:00 Forrest Inspired Vinyasa (1/2) Erica Mather	6:00 - 7:00 Classical Hatha (Open) Yogi Charu	6:30 - 8:00 Kundalini (Open) Siri Sat Kaur		6:15 - 7:30 Vinyasa (2/3) Lisa Anzelmo
6:15 - 7:30 Vinyasa (2/3) Philip Askew	6:00 - 7:00 Classical Hatha (Open) Yogi Charu	6:15 - 7:30 Vinyasa (2/3) Dominick Hiddo	6:00 - 7:00 Hot Power Yoga (2) Scott Harig	6:30 - 7:45 Vinyasa (2) Tanya Boulton		6:15 - 7:15 Restorative (Open) Jessica Caplan
6:15 - 7:15 Hot Vinyasa (Open) Matt Giordano	7:15 - 8:30 Basics (1) Amy Bishop	6:15 - 7:15 Hot Vinyasa (Open) Matt Giordano	7:05 - 8:05 Slow Flow Yoga (1/2) Amy Bishop			
7:15 - 8:15 Hot Power Yoga (2) Dana Slamp	7:15 - 8:45 Vinyasa (2) Matt Lombardo	7:15 - 8:45 Prema Vinyasa (2/3) Dana Slamp	7:15 - 8:45 Vinyasa (2) Eddie Teboul			
8:00 - 9:00 Basics (1) Jessica Caplan	7:30 - 8:30 Hot Slow Flow (1/2) Karen Nourizadeh	8:00 - 9:00 Basics (1) Stephanie Ervin	7:30 - 8:30 Hot Slow Flow (1/2) Tanya Boulton			
8:00 - 9:00 Slow Flow (2) Karen Nourizadeh	8:15 - 9:15 Restorative (Open) Laura Wootton	8:00 - 9:00 Slow Flow (2) Karen Nourizadeh	7:30 - 8:15 Meditation: Yoga Nidra Yogi Charu			
			8:15 - 9:15 Restorative (Open) Amy Bishop			