

\* The **listed sessions** below - are typically repeated monthly (session sequences are subject to change)

\* Dates will NOT appear “ as available ” - once that session is fully booked.

\* We are here to assist during booking - **Call us at anytime** & be sure to give us a voicemail/email - when prompted.

# 2018

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	
Date	Date	Date	Date	Date	Date	Date	Date
7:00a: Hatha 11:30a: Y for Beginners 1:00p: Vinyasa 4:00p: Grp Meditation	7:00a: Hatha 11:30a: Y for Beginners 4:30p: Grp Meditation 5:30p: Vinyasa 6:30p: Hatha 7:30p: Power	7:00a: + Dance Jazz 11:30a: Power 4p: Prenatal 5:30p: Vinyasa 6:30p: Hatha 7:30p: Y for Beginners	7:00a: Restorative 11:30a: Prenatal 5:30p: Vinyasa 6:30p: Power 7:30p: Hatha	7:00a: Power 10:30a: Hatha 5:00p: + Dance Jazz 7:30p: + Dance Jazz	5:30p: Prenatal 6:30p: Restorative 7:30p: +Dance Reggae	7:00a: Hatha 11:30a: Power 1:00p: Restorative 4:00p: Grp Meditation	
Date	Date	Date	Date	Date	Date	Date	Date
7:00a: Hatha 11:30a: Y for Beginners 1:00p: Vinyasa 4:00p: Grp Meditation	7:00a: Restorative 11:30a: Prenatal 4:30p: Grp Meditation 5:30p: Vinyasa 6:30p: Hatha 7:30p: Power	7:00a: Restorative 11:30a: Grp Meditation 4p: Prenatal 5:30p: Vinyasa 6:30p: Hatha 7:30p: Y for Beginners	5:30p: Vinyasa 6:30p: Power 7:30p: Hatha	7:00a: Grp Meditation 10:30a: Hatha 5:00p: + Dance Jazz 7:30p: + Dance Jazz	7:00a: Hatha 5:30p: Prenatal 6:30p: Restorative 7:30p: +Dance Reggae	7:00a: Hatha 11:30a: Power 1:00p: Restorative 4:00p: Grp Meditation	
Date	Date	Date	Date	Date	Date	Date	Date
7:00a: Hatha 11:30a: Y for Beginners 1:00p: Vinyasa 4:00p: Grp Meditation	4:30p: Grp Meditation 5:30p: Vinyasa 6:30p: Hatha 7:30p: Power	7:00a: Power 10:30a: Hatha 4p: Prenatal 5:30p: Vinyasa 6:30p: Hatha 7:30p: Y for Beginners	7:00p: Grp Meditation 9:30a: Vinyasa 5:30p: Vinyasa 6:30p: Power 7:30p: Hatha	7:00a: Hatha 11:30a: Y for Beginners 5:00p: + Dance Jazz 7:30p: + Dance Jazz	5:30p: Prenatal 6:30p: Restorative 7:30p: +Dance Reggae	7:00a: Hatha 11:30a: Power 1:00p: Restorative 4:00p: Grp Meditation	
Date	Date	Date	Date	Date	Date	Date	Date
7:00a: Hatha 11:30a: Y for Beginners 1:00p: Vinyasa 4:00p: Grp Meditation	7:00a: Hatha 11:30a: Y for Beginners 4:30p: Grp Meditation 5:30p: Vinyasa 6:30p: Hatha 7:30p: Power	4p: Prenatal 5:30p: Vinyasa 6:30p: Hatha 7:30p: Y for Beginners	5:30p: Vinyasa 6:30p: Power 7:30p: Hatha	4:30p: Grp Meditation 5:30p: Vinyasa 5:00p: + Dance Jazz 7:30p: + Dance Jazz	5:30p: Prenatal 6:30p: Restorative 7:30p: +Dance Reggae	7:00a: Hatha 11:30a: Power 1:00p: Restorative 4:00p: Grp Meditation	
Date	Date	Date	Date	Date	Date	Date	Date
7:00a: Hatha 11:30a: Y for Beginners 1:00p: Vinyasa 4:00p: Grp Meditation	4:30p: Grp Meditation 5:30p: Vinyasa 6:30p: Hatha 7:30p: Power	4p: Prenatal 5:30p: Vinyasa 6:30p: Hatha 7:30p: Y for Beginners					

Life by YOGA

Booking Assistance + All General Inquiries : (212) 518-4576  
Email: [Sessions@Lifebyyoga.com](mailto:Sessions@Lifebyyoga.com)