

MONDAY

7:00-8:15 **Ashtanga Prep 2**
Erika Hildebrandt

7:00-8:15 **Yoga Blend 1/2** 🎵
Joyce Englander

8:00-9:00 **Vinyasa Flow 2** 🎵
Ruah Bhay

9:45-10:45 **BarWorks** 🎵
Emily Mudd

10:00-11:15 **YogaWorks 1/2**
Chrissy Carter

10:30-11:45 **Vinyasa Flow 2** 🎵
Lisa Yi

12:30-1:30 **Vinyasa Flow 2** 🎵
Kristin McGee

12:45-1:45 **YW Slim** 🎵
Ruah Bhay

1:00-2:00 **YogaWorks 1/2** 🎵
Jeanmarie Paollilo

2:15-3:30 **Iyengar 1**
Marcela Clavijo

4:30-6:00 **Yoga Works 2/3**
Jenny Aurthur

6:15-7:15 **SculptWorks** 🎵
Keisa Parrish

6:15-7:30 **Yoga Blend 1/2**
Keith Yzquierdo

6:30-7:45 **Power Yoga 2/3** 🎵
Sherman Morris 📌

7:30-9:00 **Iyengar 1**
Adam Vitolo

7:45-9:00 **Vinyasa Flow 2** 🎵
Elizabeth Neuse

8:00-9:00 **Yoga Blend 1**
Heather Seagraves

TUESDAY

6:30-7:30 **Yoga Blend 1/2** ★
Hollis Lewis

7:00-8:15 **Ashtanga Prep 2**
Erika Hildebrandt

9:30-10:45 **Vinyasa Flow 2** 🎵
Libby Tonorezos

9:45-10:45 **SculptWorks** 🎵
Courtney Ortiz

10:00-11:15 **YogaWorks 1**
Sarah Bell

11:00-12:15 **Vinyasa Flow 2** 🎵
Lisa Zaloga

11:15-12:30 **YogaWorks 2/3**
Paula Lynch

11:30-12:30 **Prenatal**
Stephanie G

12:30-1:30 **Pilates Mat 1/2** 🎵
Holly Jean Cosner

1:00-2:00 **YW Flow 2**
Julie Marx

2:15-3:15 **BarWorks** 🎵
Heather Seagraves

2:30-3:45 **Yoga Blend 1/2**
Emily Mudd

4:30-5:45 **Vinyasa Flow 2** 🎵
Megan Walsh

6:00-7:15 **Vinyasa Flow 2/3** 🎵
Aarona Pichinson

6:00-7:30 **Iyengar 2**
Tamar Kelly

6:15-7:30 **Anusara 1/2**
Julie Dohrman

7:30-8:45 **Vinyasa Flow 2/3** 🎵
Sadie Nardini 📌

7:45-8:45 **SculptWorks** 🎵
Courtney Jackson

7:45-9:00 **YogaWorks 1/2**
Tatjana Eres

WEDNESDAY

7:00-8:15 **Ashtanga Prep 2**
Erika Hildebrandt

7:00-8:15 **Yoga Blend 1/2** 🎵
Joyce Englander

8:00-9:00 **Vinyasa Flow 2** 🎵
Ruah Bhay

9:45-10:45 **BarWorks** 🎵
Heather Seagraves

10:00-11:15 **YogaWorks 1/2**
Chrissy Carter

10:30-11:45 **Vinyasa Flow 2** 🎵
Lisa Yi

12:30-1:30 **Vinyasa Flow 2/3** 🎵
Jeanmarie Paollilo

12:45-1:45 **YW Slim** 🎵
Ruah Bhay

1:00-2:00 **YogaWorks 1/2**
Jenny Aurthur

4:30-6:00 **YogaWorks 2/3**
Jenny Aurthur

6:00-7:15 **Power Yoga 2/3** 🎵
Sherman Morris 📌

6:15-7:15 **SculptWorks** 🎵
Keisa Parrish

6:15-7:30 **Vinyasa Flow 2** 🎵
Elizabeth Neuse

7:30-9:00 **Iyengar 1**
Adam Vitolo

7:45-9:00 **Vinyasa Flow 2**
Keith Yzquierdo

THURSDAY

6:30-7:30 **Yoga Blend 1/2** ★
Hollis Lewis

7:00-8:15 **Ashtanga Prep 2**
Erika Hildebrandt

9:30-10:45 **Vinyasa Flow 2** 🎵
Libby Tonorezos

9:45-10:45 **SculptWorks** 🎵
Vanessa Kiely

10:00-11:15 **YogaWorks 1**
Sarah Bell

11:00-12:15 **Vinyasa Flow 2** 🎵
Lisa Zaloga

11:15-12:30 **YogaWorks 2/3**
Paula Lynch

11:30-12:30 **Prenatal**
Ruah Bhay

12:30-1:30 **Pilates Mat 1/2** 🎵
Holly Jean Cosner

1:00-2:00 **YW Flow 2**
Julie Marx

2:15-3:15 **BarWorks** 🎵
Heather Seagraves

2:30-3:45 **Yoga Blend 1/2**
Emily Mudd

4:30-5:45 **Gentle Yoga**
Bridget Shields

4:30-5:45 **Vinyasa Flow 2** 🎵
Megan Walsh

6:00-7:15 **Vinyasa Flow 2/3** 🎵
Aarona Pichinson

6:15-7:30 **Anusara 1/2**
Julie Dohrman

6:30-8:30 **Iyengar 3**
Carrie Owerko

7:30-8:45 **Vinyasa Flow 2/3** 🎵
Sadie Nardini 📌

7:45-9:00 **YogaWorks 1/2**
Tatjana Eres

FRIDAY

7:00-8:15 **Ashtanga Prep 2**
Erika Hildebrandt

9:45-10:45 **SculptWorks** 🎵
Laurel Beversdorf

10:00-11:15 **YogaWorks 1**
Sarah Bell

10:30-11:45 **Vinyasa Flow 2**
Jillian Pransky

12:15-1:15 **Restoratives**
Jillian Pransky

12:30-1:30 **Vinyasa Flow 2/3** 🎵
Jeanmarie Paollilo

1:00-2:00 **YogaWorks 1/2**
Jenny Aurthur

2:15-3:30 **Iyengar 1**
Marcela Clavijo

5:00-6:15 **Vinyasa Flow 2** 🎵
Elizabeth Neuse

6:00-7:15 **Power Yoga 2/3** 🎵
Sherman Morris 📌

6:30-7:30 **Yoga Blend 1/2**
Keith Yzquierdo

7:45-8:45 **Restoratives**
Ana Ursin-Nichols

SATURDAY

9:30-10:30 **Yoga Basics 1**
Maya Ray

9:30-10:30 **Kids Yoga***
Shell Merrill

10:30-11:30 **BarWorks** 🎵
Emily Mudd/
Heather Seagraves

10:45-12:00 **Vinyasa Flow 2** 🎵
Elizabeth Neuse

11:00-12:15 **YogaWorks 2**
Julie Marx

12:00-1:00 **Sculptworks** 🎵
Courtney Jackson

12:15-1:15 **YogaWorks 1/2**
Noam Renov

1:30-2:45 **Power Yoga 2/3** 🎵
Sherman Morris 📌

1:30-3:30 **Iyengar 3**
Carrie Owerko

3:00-4:15 **YogaWorks 1/2**
Edwin Bergman

4:00-5:15 **Vinyasa Flow 2**
Keith Yzquierdo

SUNDAY

9:45-10:45 **BarWorks** 🎵
Shauna Jenkisson

10:00-11:30 **YogaWorks 2/3** 🎵
Jodie Ruffy

11:00-12:00 **Pilates Mat 1/2**
Olivia Webster

11:00-12:15 **Yoga Blend 1/2**
Emily Mudd

12:30-2:00 **Iyengar 1/2**
Kavi Patel

1:30-2:45 **Power Yoga 2/3** 🎵
Sherman Morris 📌

3:00-4:00 **YogaWorks 1**
Noam Renov

4:00-5:15 **Vinyasa Flow 2**
Laurel Beversdorf

5:30-6:45 **Restoratives**
Bridget Shields

LEGEND

- * Kids Yoga series are not included in membership. Call for pricing
- 📌 Come prepared for room temperatures 85 degrees and above
- 🎵 Music in class
- ★ Teacher is a recent graduate of the YogaWorks 500-hour Teacher Training