yogaworks®

class schedule january 13 - may 11, 2014
larchmont
230 north larchmont blvd • los angeles, ca 90004
323.464.1276 • yogaworks.com

MONDAY

6:30-7:55	**Vinyasa Flow 2/3♫** Billy Gill
8:30-9:55	**YogaWorks 1** Anne Van Valkenburg
9:30-10:55	**Vinyasa Flow 2♫** Maria Zavala
10:00-11:25	**Vinyasa Flow 2/3♫** Jeanne Heileman
11:00-1:00	**Ashtanga/Mysore*** Jodi Blumstein
11:45-12:40	**Vinyasa Flow 2/3♫** David Lynch
12:00-1:25	**Pre & Postnatal** Patti Lewis
1:00-2:25	**Vinyasa Flow 2/3♫** Whitney Allen
2:00-3:10	**Urban Zen 1** Carmen Fitzgibbon
2:30-3:55	**YogaWorks 1** Nona Chiang
4:00-5:25	**YogaWorks 1/2** Carmen Fitzgibbon
4:30-5:50	**Vinyasa Flow 2/3♫** Joan Hyman
6:00-7:25	**Iyengar 2** Paul Cabanis
6:00-7:25	**Vinyasa Flow 2/3♫** Caleb Asch
6:15-7:40	**Pre/Postnatal** Patricia Starr
7:45-9:10	**Vinyasa Flow 2/3♫** Caleb Asch
8:00-8:55	**YogaWorks 1** Hazel Patterson
8:00-9:25	**Hatha Yoga 1/2** Jeanne Heileman

TUESDAY

6:30-7:55	**Ashtanga/Led*** Jodi Blumstein
8:00-9:25	**Iyengar 1/2** Marta Jasberg
8:30-9:55	**YW Flow 2/3♫** Carolina Goldberg
9:00-10:25	**Hatha Yoga 1/2** Diana Beardsley
9:30-10:55	**Hatha Yoga 1** Michele Rappaport
10:00-11:25	**Hatha Yoga 2** Patti Lewis
11:00-12:25	**HIV (no charge)** Michele Rappaport
11:00-1:00	**Ashtanga/Mysore*** Jodi Blumstein
12:00-1:25	**YogaWorks 2/3♫** Joan Hyman
2:30-3:55	**YogaWorks 1** Kim Fisch
4:00-5:25	**YogaWorks 1/2** Amy Lafond
4:30-5:50	**Vinyasa Flow 2/3♫** Vinnie Marino
4:30-5:50	**Hatha Yoga 1** Colleen Garrity
6:00-7:20	**YogaWorks 1/2** Carmen Fitzgibbon
6:15-7:40	**Iyengar 2** Koren Paalman
6:30-7:50	**Vinyasa Flow 2/3♫** Caleb Asch
7:30-8:50	**Vinyasa Flow 2/3♫** Whitney Allen
8:00-8:55	**Pilates Mat 1/2** Monica Schuller
8:00-9:10	**YogaWorks 1** Sara Feuhrer
9:00-9:55	**Vinyasa Flow 2♫** Whitney Allen

WEDNESDAY

6:30-7:55	**Vinyasa Flow 2/3♫** Billy Gill
8:30-9:55	**YogaWorks 1** Anne Van Valkenburg
9:30-10:55	**Vinyasa Flow 2♫** Maria Zavala
10:00-11:25	**Vinyasa Flow 2/3♫** Jeanne Heileman
11:00-1:00	**Ashtanga/Mysore*** Jodi Blumstein
11:45-12:40	**Vinyasa Flow 2/3♫** David Lynch
1:00-2:25	**Vinyasa Flow 2/3♫** Whitney Allen
2:30-3:55	**YogaWorks 1** Nona Chiang
4:00-5:25	**YogaWorks 1/2** Carmen Fitzgibbon
4:30-5:50	**Vinyasa Flow 2/3♫** Joan Hyman
4:30-5:50	**Viniyoga 1** Fred Miller
6:00-7:25	**Vinyasa Flow 2/3♫** Colleen Garrity
6:00-7:25	**Iyengar 1/2** Keri Lee
6:15-7:40	**Pre/Postnatal** Patricia Starr
7:30-8:55	**Hatha Yoga 2** Jeanne Heileman
7:45-9:10	**Vinyasa Flow 2/3♫** Caleb Asch
8:00-8:55	**YogaWorks 1** Hazel Patterson

THURSDAY

6:30-7:55	**Ashtanga/Led*** Jodi Blumstein
8:00-9:25	**Iyengar 1/2** Marta Jasberg
8:30-9:55	**YW Flow 2/3♫** Carolina Goldberg
9:00-10:25	**Hatha Yoga 1/2** Diana Beardsley
9:30-10:55	**Hatha Yoga 1** Michele Rappaport
10:00-11:25	**Hatha Yoga 2** Patti Lewis
11:00-12:25	**HIV (no charge)** Michele Rappaport
11:00-1:00	**Ashtanga/Mysore*** Jodi Blumstein
12:00-1:25	**YogaWorks 2/3♫** Joan Hyman
2:30-3:55	**YogaWorks 1** Kim Fisch
4:00-5:25	**YogaWorks 1/2** Amy Lafond
4:30-5:50	**Vinyasa Flow 2/3♫** Vinnie Marino
4:30-5:50	**Hatha Yoga 1** Colleen Garrity
6:00-7:20	**YogaWorks 1/2** Carmen Fitzgibbon
6:15-7:40	**Iyengar 2** Koren Paalman
6:30-7:50	**Vinyasa Flow 2/3♫** Caleb Asch
7:30-8:50	**Vinyasa Flow 2/3♫** Whitney Allen
8:00-8:55	**Pilates Mat 1/2** Monica Schuller
8:00-9:10	**YogaWorks 1** Sara Feuhrer
9:00-9:55	**Vinyasa Flow 2♫** Whitney Allen

FRIDAY

6:30-7:55	**Vinyasa Flow 2/3♫** Billy Gill
8:30-9:55	**YogaWorks 1** Anne Van Valkenburg
9:30-10:55	**Vinyasa Flow 2♫** Maria Zavala
10:00-11:25	**Vinyasa Flow 2/3♫** Jeanne Heileman
11:00-1:00	**Ashtanga/Led 3*** Jodi Blumstein
11:45-12:40	**Hatha Yoga 2♫** Colleen Garrity
1:00-2:25	**Vinyasa Flow 2/3♫** Whitney Allen
2:30-3:55	**YogaWorks 1** Nona Chiang
4:00-5:25	**YogaWorks 1/2** Carmen Fitzgibbon
4:30-5:50	**Vinyasa Flow 2/3♫** Joan Hyman
6:00-7:25	**Iyengar 2** Paul Cabanis
6:15-7:25	**Hatha Yoga 1/2** Bebe Chianni Lin
6:30-7:55	**Vinyasa Flow 2/3♫** Colleen Garrity

SATURDAY

7:45-8:55	**YogaWorks 2♫** Sarah Ezrin
8:15-9:40	**Iyengar 1/2** Marta Jasberg
8:30-9:55	**YogaWorks 1** Mollie Johnson
9:00-10:20	**Hatha Yoga 2/3** Jeanne Heileman
9:45-11:10	**YW Flow 2** Amy Lafond
10:30-11:50	**Vinyasa Flow 2/3♫** Colleen Garrity
10:30-11:55	**Pre/Postnatal** Patricia Starr
11:30-12:55	**Iyengar 2** Scott Hobbs
12:00-1:25	**Vinyasa Flow 2/3♫** Caleb Asch
1:00-2:25	**Hatha Yoga 1/2** Patti Lewis
2:45-4:10	**Viniyoga 1** Fred Miller
4:30-5:55	**Vinyasa Flow 2/3♫** Clay Kyle
5:30-6:55	**YW Flow 2** Amy Lafond

SUNDAY

8:30-9:50	**YogaWorks 1/2** Kim Fisch
9:00-10:25	**Iyengar 1/2** Keri Lee
10:00-11:20	**Vinyasa Flow 2/3♫** Clay Kyle
10:30-11:55	**Viniyoga 1** Fred Miller
11:30-12:50	**YogaWorks 1/2** Amy Lafond
1:00-2:25	**Vinyasa Flow 2♫** Whitney Allen
3:30-4:55	**YogaWorks 1** Hazel Patterson
5:45-7:10	**YW Flow 2/3♫** Sarah Ezrin
6:00-7:25	**Hatha Yoga 1/2** Patti Lewis
7:15-8:40	**Restoratives** Paul Cabanis

LEGEND

* Ashtanga/Mysore classes do not meet on new and full moon days: 1/15, 1/30, 2/14, 2/28, 4/15, 4/28

♫ Led by music

Visit yogaworks.com or download our mobile app for substitute teachers and holiday hours.