

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:25 YW Flow 2/3 Malachi Melville	6:15-7:25 Vinyasa Flow 2 Laura Conley	7:00-8:25 YW Flow 2/3 Malachi Melville	6:15-7:25 Vinyasa Flow 2 Laura Conley	7:00-8:25 YW Flow 2/3 Malachi Melville	7:30-8:55 Hatha Yoga 2/3 Chad Hamrin	7:30-8:55 Hatha Yoga 2/3 Chad Hamrin
9:15-10:40 Hatha Yoga 2/3 Chad Hamrin	7:30-8:55 Vinyasa Flow 2/3 Kia Miller	9:15-10:40 Vinyasa Flow 2/3 🎵 Mia Togo	7:30-8:55 Vinyasa Flow 2/3 Kia Miller	9:15-10:40 Vinyasa Flow 2/3 🎵 Mia Togo	9:15-10:40 Vinyasa Flow 2/3 🎵 Vinnie Marino	9:15-10:40 Vinyasa Flow 2/3 🎵 Mia Togo
11:00-12:25 Vinyasa Flow 2/3 🎵 Krista Cahill	9:15-10:40 Vinyasa Flow 2/3 🎵 Vinnie Marino	11:00-12:25 Vinyasa Flow 2/3 🎵 Krista Cahill	9:15-10:40 Vinyasa Flow 2/3 🎵 Vinnie Marino	11:00-12:25 Vinyasa Flow 2/3 🎵 Alexandria Crow	11:00-12:25 YW Flow 2 Birgitte Kristen	11:00-12:25 YW Flow 2/3 🎵 Patti Quintero
12:45-1:40 Vinyasa Flow 2 🎵 Calvin Corzine	11:00-12:25 Hatha Yoga 1 Jasmine Lieb	12:45-1:40 Vinyasa Flow 2 🎵 Calvin Corzine	11:00-12:25 Hatha Yoga 1 Jasmine Lieb	12:45-1:40 Vinyasa Flow 2 🎵 Calvin Corzine	12:30-1:55 Vinyasa Flow 2/3 🎵 Calvin Corzine	12:30-1:55 YogaWorks 1/2 Emily Maupin
2:30-3:55 Kundalini 🎵* Kia Miller	12:45-2:10 Iyengar 1/2 Paul Cabanis	2:30-3:55 Kundalini 🎵* Kia Miller	12:45-2:10 Iyengar 1/2 Paul Cabanis	2:30-3:55 Kundalini 🎵* Pete Lee	2:15-3:40 YW Flow 2 🎵 Charlie Samos	2:15-3:40 YW Flow 2 🎵 Charlie Samos
4:15-5:40 Vinyasa Flow 2/3 🎵 Mia Togo	2:30-3:55 Vinyasa Flow 2 🎵* Alexandria Crow	4:15-5:40 Vinyasa Flow 2/3 🎵 Mia Togo	2:30-3:55 Vinyasa Flow 2 🎵* Alexandria Crow	4:15-5:40 Vinyasa Flow 2/3 🎵 Mia Togo	4:00-5:25 Vinyasa Flow 2/3 🎵 Vytas	4:00-5:25 Vinyasa Flow 2/3 🎵 Alexandria Crow
6:00-7:25 YW Flow 2/3 🎵 Kia Miller	4:15-5:40 Vinyasa Flow 2/3 🎵 Sara Ivanhoe	6:00-7:25 YW Flow 2/3 🎵 Kia Miller	4:15-5:40 Vinyasa Flow 2/3 🎵 Sara Ivanhoe	6:00-7:25 Vinyasa Flow 2/3 🎵 Vytas		5:45-7:10 Yin & Yang 2/3 🎵 Sara Ivanhoe
7:35-9:00 YogaWorks 1/2 Malachi Melville	6:00-7:25 Vinyasa Flow 2/3 🎵 Vytas	7:35-9:00 YogaWorks 1/2 Malachi Melville	6:00-7:25 Vinyasa Flow 2/3 🎵 Vytas			
	7:35-9:00 Vinyasa Flow 2/3 🎵 Patti Quintero		7:35-9:00 Vinyasa Flow 2/3 🎵 Patti Quintero			

LEGEND

* Class open to the community for a \$10 fee.
 🎵 Led by music

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