yogaworks

class schedule may 13 - september 15, 2013
eastside
1319 third avenue, 2nd floor (btwn 75th & 76th streets)
212.650.9642 • yogaworks.com

MONDAY

- 7:15-8:15 **Yoga Blend 1/2 ♫** Cathy Lilly
- 9:15-10:30 **Ishta 1/2 ♫** Shell Merrill
- 10:45-11:45 **Prenatal** Amy Shachat
- 12:00-1:15 **YW Flow 2** Ann Mosca
- 1:30-2:30 **Vinyasa Flow 2** John Ford
- 3:00-4:15 **Gentle Yoga** Elizabeth Neuse
- 4:30-5:45 **Ishta 2** Ann Mosca
- 6:00-7:15 **Vinyasa Flow 2/3 ♫** Katherine Shapiro
- 6:15-7:15 **Prenatal*** Melissa Bourgeois
- 7:30-8:45 **Ishta 1/2** Kelly Eudailey

TUESDAY

- 8:15-9:15 **Gentle Yoga♫** Dilshad Keshwani
- 9:30-10:45 **Vinyasa Flow 2♫** Lisa Bennett Matkin
- 11:00-12:00 **Yoga Blend 1** Rise Van Doosselaere
- 12:30-1:30 **Yoga Blend 1/2♫** Lisa Bennett Matkin
- 2:00-3:15 **Yoga Blend 1/2** Lana Masor★
- 4:30-5:45 **Yoga Blend 1/2** Donna Boss
- 6:00-7:15 **Vinyasa Flow 2♫** Lisa Zaloga
- 6:15-7:15 **Prenatal*** Margie Suvalle Fischel
- 7:30-8:45 **Yoga Blend 1/2♫** Dani Zuccheri

WEDNESDAY

- 7:15-8:15 **YW Cardio Flow® 2♫** Yuval Samburski
- 9:15-10:30 **Ishta 1/2♫** Jackie Peresman
- 10:45-11:45 **Prenatal** Amy Shachat
- 12:00-1:00 **Yoga Blend 2♫** Alie Flynt
- 1:30-2:30 **Vinyasa Flow 2** John Ford
- 3:00-4:15 **Gentle Yoga** Dilshad Keshwani
- 4:30-5:45 **Ishta 2** Ann Mosca
- 5:00-6:00 **Therapeutics*** Dilshad Keshwani
- 6:00-7:15 **Vinyasa Flow 2/3♫** Katherine Shapiro
- 6:15-7:15 **YogaWorks 1*** Kara Sekuler
- 6:45-7:45 **Prenatal**** Margie Suvalle Fischel
- 7:30-8:45 **Ishta 1/2** Kelly Eudailey

THURSDAY

- 8:15-9:15 **Gentle Yoga♫** Dilshad Keshwani
- 9:30-10:45 **Vinyasa Flow 2♫** Lisa Bennett Matkin
- 11:00-12:00 **YogaWorks 1** Jocelyn Casey-Whiteman
- 12:30-1:30 **Yoga Blend 1/2♫** Lisa Bennett Matkin
- 3:00-4:15 **Urban Zen 1** Kirtan Smith
- 4:30-5:45 **Yoga Blend 1/2** Donna Boss
- 6:00-7:15 **Vinyasa Flow 2♫** Lisa Zaloga
- 6:15-7:15 **Prenatal*** Margie Suvalle Fischel
- 7:30-8:45 **Yoga Blend 1/2♫** Dani Zuccheri
- 7:30-9:00 **Yoga Basics*** Hollis Lewis

FRIDAY

- 7:15-8:15 **YW Cardio Flow® 2♫** Yuval Samburski
- 9:15-10:30 **Ishta 1/2♫** Shell Merrill
- 10:45-11:45 **Restoratives** Anna Hughes Dioguardi
- 12:00-1:15 **YW Flow 2** Ann Mosca
- 3:00-4:15 **Gentle Yoga♫** Sara Beaudry
- 4:30-5:45 **Ishta 1/2** Donna Boss
- 6:15-7:15 **Prenatal*** Melissa Bourgeois
- 6:30-7:45 **Yoga Blend 1/2** Kara Sekular

SATURDAY

- 8:30-9:45 **Yoga Blend 2♫** Brian Silvestry
- 10:00-10:50 **Fundamentals of Yoga*** Stephanie Ervin
- 10:00-11:15 **Ishta 1/2** Kara Sekular
- 11:45-1:00 **Prenatal** Jackie Peresman
- 1:30-2:45 **Vinyasa Flow 2/3♫** Hollis Lewis
- 3:30-4:45 **Yoga Blend 1** Pat Cohen
- 5:00-6:15 **Ishta 2** Kara Sekular

SUNDAY

- 8:30-9:45 **Yoga Blend 1♫** Shell Merrill
- 10:00-11:30 **Vinyasa Flow 2♫** Danielle Lee
- 11:45-1:00 **Yoga Blend 1/2♫** Sissy St. John
- 1:30-3:00 **Vinyasa Flow 2/3♫** Irina Ovsiannikov
- 3:30-4:45 **Ishta 2** Ann Mosca
- 5:00-6:00 **YW Cardio Flow® 2♫** Cathy Lilly
- 6:15-7:15 **Restoratives*** Bridget Shields

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LEGEND

- * Class size limited, pre-registration required. First time students given priority. Call studio for details.
- ** Class size limited, pre-registration required. Class is held at a different location.
- ♫ Music
- ★ Complimentary class taught by a recent YogaWorks 500-hour Teacher Training Graduate .

Visit yogaworks.com for substitute teachers & holiday hours.