yogaworks®

class schedule may 13 - september 15, 2013
costa mesa
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949.642.7400 • yogaworks.com

MONDAY

- 5:45-7:45 **Ashtanga/ Mysore 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Vinyasa Flow 2** — Toni Wilkey
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 10:30-11:45 **YogaWorks 1** — Rachel Murray
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Lisa Schlaeger
- 12:00-1:10 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 3:30-4:25 **Yoga Blend 1/2** — Carrie Cowan/ Lindy Nomura-Ker★
- 4:30-5:55 **YogaWorks 2** — Michelle McKay
- 5:00-5:55 **SculptWorks® 1/2** — Josh Plotkin
- 6:00-7:25 **Prenatal** — Randy Allard
- 6:00-7:25 **Vinyasa Flow 2** — Toni Wilkey
- 6:00-7:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 7:30-8:25 **Yoga Basics 1** — Randy Allard
- 7:30-8:55 **Yoga Blend 1/2** — Laura Dudley
- 7:30-8:55 **Kundalini 1/2** — Sotantar

TUESDAY

- 5:45-7:45 **Ashtanga/ Mysore 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Iyengar 2** — Elizabeth Markley
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Paul Da Silva
- 10:30-11:25 **Pilates Fusion 2** — Lisa Schlaeger
- 10:30-11:55 **YogaWorks 1** — Randy Allard
- 12:00-12:55 **Vinyasa Flow 2** 🌡 — Tim Senesi
- 4:30-5:55 **Vinyasa Flow 2/3** 🌡 — David Danon
- 4:30-5:55 **YogaWorks 1/2** — Michelle McKay
- 5:00-5:55 **Pilates Fusion 1/2** — Lisa Schlaeger
- 6:00-6:55 **SculptWorks® 1/2** — Maria Mashon
- 6:00-7:25 **Vinyasa Flow 2** 🌡 — Tim Senesi
- 7:00-8:25 **Candle Flow 1/2** — Simon "Karta" Ballard
- 7:30-8:55 **YogaWorks 1** — Randy Allard

WEDNESDAY

- 5:45-7:45 **Ashtanga/ Mysore 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Vinyasa Flow 2** — Toni Wilkey
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 10:30-11:45 **YogaWorks 1** — Rachel Murray
- 12:00-12:55 **SculptWorks® 1/2** — Lisa Schlaeger
- 12:00-1:10 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 3:30-4:25 **Yoga Blend 1/2** — Emily Strombotne★
- 4:30-5:55 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 6:00-6:55 **Yoga Blend 1** — Shay Haghighat
- 6:00-7:25 **Vinyasa Flow 2** — Toni Wilkey
- 6:00-7:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 7:30-8:55 **Restoratives** — Diana Markessinis
- 7:30-8:55 **Yoga Blend 1/2** — Laura Dudley

THURSDAY

- 5:45-7:45 **Ashtanga/ Mysore 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Iyengar 2** — Elizabeth Markley
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Paul Da Silva
- 10:30-11:25 **Pilates Fusion 2** — Lisa Schlaeger
- 10:30-11:55 **YogaWorks 1** — Randy Allard
- 12:00-12:55 **Vinyasa Flow 2** 🌡 — Tim Senesi
- 4:30-5:55 **Vinyasa Flow 2/3** 🌡 — David Danon
- 4:30-5:55 **YogaWorks 1/2** — Michelle McKay
- 5:00-5:55 **Pilates Fusion 1/2** — Lisa Schlaeger
- 6:00-6:55 **SculptWorks® 1/2** — Maria Mashon
- 6:00-7:25 **Vinyasa Flow 2** 🌡 — Tim Senesi
- 7:00-8:25 **Candle Flow 1/2** — Simon "Karta" Ballard
- 7:30-8:55 **YogaWorks 1** — Randy Allard
- 7:30-8:55 **Kundalini 1/2** — Sotantar

FRIDAY

- 6:00-7:25 **Ashtanga/ Led 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Vinyasa Flow 2** — Toni Wilkey
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 10:30-11:45 **YogaWorks 1** — Rachel Murray
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Lisa Schlaeger
- 12:00-1:10 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 3:30-4:25 **Yoga Blend 1/2** — Soo Kim ★
- 4:30-5:55 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 5:00-5:55 **Pilates Fusion 1/2** — Maria Mashon
- 6:00-7:25 **Vinyasa Flow 2** 🌡 — Erika Burkhalter
- 6:30-7:45 **Gentle Yoga** — Diana Markessinis

SATURDAY

- 8:00-9:25 **Vinyasa Flow 2** 🌡 — David Danon
- 9:00-10:25 **Vinyasa Flow 2** — Toni Wilkey
- 9:45-11:10 **Iyengar 1/2** — Bob Metzler
- 10:00-10:55 **Pilates Fusion 1/2** — Elizabeth Modzelewski
- 10:30-11:55 **YogaWorks 1** — Randy Allard
- 11:00-12:25 **Vinyasa Flow 2/3** 🌡 — Michelle McKay
- 4:30-5:55 **Vinyasa Flow 2** — Simon "Karta" Ballard

SUNDAY

- 7:30-9:25 **Ashtanga/ Led 2/3** 🌡 — Debbie Berardi
- 9:00-10:25 **Vinyasa Flow 2** 🌡 — Rachel Murray
- 9:30-10:25 **Contemporary Pilates Mat 1** — Lisa Schlaeger
- 10:30-11:55 **Yoga Blend 1** — Brinda Hari
- 10:30-12:25 **Vinyasa Flow 3** 🌡 — Erika Burkhalter
- 4:30-5:55 **Vinyasa Flow 2** 🌡 — David Danon
- 5:15-6:40 **Iyengar 1/2** — Denise Thibault

Pilates Group Reformer Classes (1 hour)

Wednesday: 6pm
Saturday: 9am

Additional fee required. Call to register.

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Enjoy even more of our classes anytime, anywhere.
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LEGEND

Ashtanga/Mysore classes do not meet on moon days including: 6/23, 7/8, 7/22, 8/6, 8/20, 9/5

🌡 Come prepared for room temperatures 85 degrees & above
★ Complimentary class taught by a recent YogaWorks 500 hour Teacher Training Graduate.

Visit yogaworks.com for substitute teachers & holiday hours.