yogaworks

class schedule may 19 - september 14 , 2014
westwood
1256 westwood blvd • los angeles, ca 90024
310.234.1200 • yogaworks.com

MONDAY

6:15-7:25	**YogaWorks 1/2*** Carmen Fitzgibbon
9:00-10:25	**YW Flow 2/3♫** Thomas Taubman
9:15-10:40	**Iyengar 1/2** Scott Hobbs
11:00-12:25	**YogaWorks 1** Beth Prandini
12:45-1:40	**Vinyasa Flow 2** Gigi Snyder
2:15-3:40	**Hatha Yoga 1/2** Rachel Chien★
4:00-4:55	**YW Meditation** Romy Phillips
4:30-5:55	**Vinyasa Flow 2** Kara Price
5:00-5:55	**Pilates Mat 2** Kiki D. Amanno
6:00-7:25	**YW Flow 2/3♫** Sarah Ezrin
6:15-7:25	**Hatha Yoga 1/2♫** Jocelyn Solomon
7:30-8:55	**Vinyasa Flow 2/3♫** Sean Gray
7:45-8:55	**Hatha Yoga 1** Kiyomi Takahashi

TUESDAY

6:00-7:25	**Hatha Yoga 2** Kim Haegele
7:00-8:10	**Vinyasa Flow 2♫** Angela Kukhahn
9:15-10:40	**Iyengar 1/2** Paul Cabanis
9:30-10:40	**YogaWorks 1** Stacie Reeve
12:00-12:55	**Pilates Mat 1/2** Julia Nichole Lopez
12:15-1:10	**Vinyasa Flow 2♫** Logan Cahoon
2:15-3:40	**Hatha Yoga 1/2** Ari Kanamori★
4:15-5:40	**Iyengar 1** Chris Stein
4:30-5:40	**YW Flow 2** Gigi Snyder
6:00-7:20	**YogaWorks 2/3♫** Nicole Doherty
6:00-7:25	**YogaWorks 1/2♫** Brigitte Kouba
7:30-8:25	**YogaWorks 1** Thomas Taubman
7:40-9:05	**Iyengar 1/2** Keri Lee

WEDNESDAY

6:15-7:25	**YogaWorks 1/2** Carmen Fitzgibbon
9:00-10:25	**YW Flow 2/3♫** Thomas Taubman
9:15-10:40	**Iyengar 1/2** Scott Hobbs
11:00-12:25	**YogaWorks 1** Beth Prandini
12:45-1:40	**Vinyasa Flow 2** Gigi Snyder
2:15-3:40	**Hatha Yoga 1/2** Erin Fahy★
4:00-4:55	**YW Meditation** Romy Phillips
4:30-5:55	**Vinyasa Flow 2** Kara Price
5:00-5:55	**Pilates Mat 2** Kiki D. Amanno
6:00-7:25	**YW Flow 2/3♫** Sarah Ezrin
6:15-7:25	**Hatha Yoga 1/2♫** Jocelyn Solomon
7:30-8:55	**Vinyasa Flow 2/3♫** Sean Gray
7:45-8:55	**Hatha Yoga 1** Kiyomi Takahashi

THURSDAY

6:00-7:25	**Hatha Yoga 2** Kim Haegele
7:00-8:10	**Vinyasa Flow 2♫** Angela Kukhahn
9:15-10:40	**Iyengar 1/2** Paul Cabanis
9:30-10:40	**YogaWorks 1** Stacie Reeve
12:00-12:55	**Pilates Mat 1/2** Julia Nichole Lopez
12:15-1:10	**Vinyasa Flow 2♫** Logan Cahoon
2:15-3:40	**Hatha Yoga 1/2** Olga Cramer★
4:15-5:40	**Iyengar 1** Chris Stein
4:30-5:40	**YW Flow 2** Gigi Snyder
6:00-7:20	**YogaWorks 2/3♫** Nicole Doherty
6:00-7:25	**YogaWorks 1/2♫** Brigitte Kouba
7:30-8:25	**YogaWorks 1** Thomas Taubman
7:40-9:05	**Iyengar 1/2** Keri Lee

FRIDAY

6:15-7:25	**YogaWorks 1/2** Carmen Fitzgibbon
9:00-10:25	**YW Flow 2/3♫** Thomas Taubman
9:15-10:40	**Iyengar 1/2** Koren Paalman
11:00-12:25	**YogaWorks 1** Kim Fisch
12:45-1:40	**Vinyasa Flow 2♫** Gigi Snyder
2:15-3:40	**Hatha Yoga 1/2** Papo Caballero★
4:30-5:55	**Vinyasa Flow 2** Kara Price
6:00-7:25	**Vinyasa Flow 2/3♫** Jocelyn Solomon
6:00-7:25	**Restoratives** Brigitte Kouba

SATURDAY

8:00-8:55	**Pilates Mat 1** Kiki D. Amanno
8:30-9:55	**Vinyasa Flow 2♫** Caleb Asch
9:00-10:25	**Hatha Yoga 2** Jasmine Lieb
10:00-11:25	**Vinyasa Flow 2/3♫** Nicole Doherty
10:45-12:10	**Hatha Yoga 1** Jasmine Lieb
2:00-2:55	**Fundamentals of Yoga**** Teacher Varies
4:00-5:10	**YogaWorks 1** Stacie Reeve
4:30-5:55	**Vinyasa Flow 2/3♫** Emilie Perz
5:30-6:55	**YogaWorks 1/2** Thomas Taubman

SUNDAY

8:15-9:40	**Iyengar 2** Vladimir Jandov
9:00-10:25	**YW Flow 2/3** Amy Lafond
10:15-11:40	**YogaWorks 1** Stacie Reeve
10:30-11:55	**YogaWorks 2/3♫** Caleb Asch
12:00-1:25	**Vinyasa Flow 2** Kara Price
4:15-5:40	**YogaWorks 1/2** Beth Prandini
4:30-5:55	**Vinyasa Flow 2/3♫** Emilie Perz
6:00-7:25	**Yin Yoga 1** Yvette Hamaya

Pilates Reformer Schedule

Tuesday
1:30pm • Intermediate Reformer
6:30pm • Beginning Reformer

Thursday
1:30pm • Intermediate Reformer
6:30pm • Beginning Reformer

Saturday
9:30am • Beginning Reformer

Sunday
9:00am • Intermediate Reformer

Additional fee required. Call to register.

LEGEND

♫ Led by music
★ Complimentary class taught by a recent YogaWorks 500- hour Teacher Training Graduate.
* This class has an optional teacher led Pranayama practice from 6:00-6:15am.
** Class size limited, pre-registration recommended. First time students given priority. Call studio for details

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