yogaworks®

class schedule january 13 - may 11, 2014
valencia
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MONDAY

- 8:30-9:25 **TRX® 1/2♫** Allison Nelson
- 9:15-10:25 **Hatha Yoga 1/2♫** Louise Guzman
- 9:30-10:25 **BarWorks® 1/2♫** Kerri Ripel Harris
- 10:30-11:40 **YogaWorks 1♫** Jackie Field
- 10:45-11:55 **Hatha Yoga 1/2♫** Billy Gill
- 12:00-12:55 **Vinyasa Flow 2♫** Billy Gill
- 12:00-1:10 **Gentle Yoga♫** Dani Ibarra
- 4:00-5:10 **YogaWorks 1/2♫** Ashley Rideaux
- 4:00-5:25 **Iyengar 1/2** Ida Unger
- 5:00-5:55 **YW Cardio Flow 2♫** Allison Nelson
- 5:30-6:40 **YogaWorks 1♫** Ashley Rideaux
- 6:00-6:55 **SculptWorks® 1/2♫** Allison Nelson
- 6:15-7:10 **Pilates Mat 1/2♫** Ashley Spears Howard
- 7:30-8:40 **Vinyasa Flow 1/2♫** Deb Dellosso

TUESDAY

- 6:00-6:55 **Hatha Yoga 1/2♫** Toni Kuhn
- 8:30-9:25 **Pilates Mat 1/2♫** Susan Woods
- 9:15-10:10 **TRX® 1/2♫** Jackie Field
- 10:30-11:40 **Hatha Yoga 1/2♫** Aundrea Politi
- 10:30-11:55 **Iyengar 1** Ida Unger
- 12:00-12:55 **YW Flow 2♫** Ashley Rideaux
- 12:05-1:00 **SculptWorks® 1/2♫** Allison Nelson
- 1:00-2:10 **Hatha Yoga 1/2** Dana Adams★
- 4:30-5:40 **Hatha Yoga 1♫** Lori Schneider
- 5:00-5:55 **BarWorks® 1/2♫** Kerri Ripel Harris
- 6:00-7:10 **Hatha Yoga 1/2♫** Terren Burson
- 6:15-7:25 **Restoratives ♫** Dani Ibarra
- 7:30-8:40 **Hatha Yoga 1♫** Andrea Dill
- 7:30-8:40 **Vinyasa Flow 2♫** Dani Ibarra

WEDNESDAY

- 8:30-9:25 **SculptWorks® 1/2♫** Allison Nelson
- 9:15-10:25 **Hatha Yoga 1/2♫** Louise Guzman
- 9:30-10:25 **BarWorks® 1/2♫** Susan Woods
- 10:30-11:25 **TRX® 1/2♫** Susan Woods
- 10:30-11:40 **YW Flow 2♫** Dani Ibarra
- 12:00-12:55 **Hatha Yoga 1/2♫** Allison Nelson
- 12:00-1:10 **Therapeutics ♫** Dani Ibarra
- 4:00-5:10 **YogaWorks 1/2♫** Ashley Rideaux
- 4:00-5:25 **Iyengar 1/2** Ida Unger
- 5:00-5:55 **YW Cardio Flow 2♫** Allison Nelson
- 5:30-6:40 **YogaWorks 1♫** Ashley Rideaux
- 6:00-6:55 **SculptWorks® 1/2♫** Ashley Spears Howard
- 6:15-7:10 **Pilates Mat 1/2♫** Colette Crimi
- 7:30-8:40 **Vinyasa Flow 1/2♫** Jeannette Pugh

THURSDAY

- 6:00-6:55 **Hatha Yoga 1/2♫** Toni Kuhn
- 8:30-9:25 **Pilates Mat 1/2♫** Susan Woods
- 9:15-10:10 **TRX® 1/2♫** Jackie Field
- 10:30-11:40 **Hatha Yoga 1/2♫** Aundrea Politi
- 10:30-11:55 **Iyengar 1** Ida Unger
- 12:00-12:55 **YW Flow 2♫** Ashley Rideaux
- 12:05-1:00 **SculptWorks® 1/2♫** Allison Nelson
- 1:00-2:10 **Gentle Yoga♫** Jackie Field
- 4:30-5:40 **Hatha Yoga 1♫** Lori Schneider
- 5:00-5:55 **BarWorks® 1/2♫** Kerri Ripel Harris
- 6:00-7:10 **Hatha Yoga 1/2♫** Terren Burson
- 6:15-7:25 **Therapeutics ♫** Dani Ibarra
- 7:30-8:40 **Hatha Yoga 1♫** Andrea Dill
- 7:30-8:40 **Vinyasa Flow 2♫** Dani Ibarra

FRIDAY

- 6:00-6:55 **Hatha Yoga 1/2♫** Toni Kuhn
- 8:30-9:25 **SculptWorks® 1/2♫** Jackie Field
- 9:15-10:25 **YogaWorks 1♫** Dani Ibarra
- 9:30-10:25 **Pilates Mat 1/2♫** Susan Woods
- 10:30-11:25 **TRX® 1/2♫** Annette Allen
- 10:45-11:55 **Hatha Yoga 1/2♫** Billy Gill
- 12:00-12:55 **Vinyasa Flow 2♫** Billy Gill
- 12:00-1:10 **Therapeutics ♫** Dani Ibarra
- 4:30-5:40 **Hatha Yoga 1/2♫** Andrea Dill
- 5:30-6:40 **Hatha Yoga 1♫** Risa Albertson

SATURDAY

- 7:30-8:25 **TRX® 1/2♫** Allison Nelson
- 8:00-8:55 **Pilates Mat 1/2♫** Susan Woods
- 8:00-9:10 **Hatha Yoga 1/2♫** Walter Gregory
- 8:30-9:25 **SculptWorks® 1/2♫** Allison Nelson
- 9:00-10:10 **YogaWorks 1/2** Hayleigh Zachary
- 9:30-10:55 **Hatha Yoga 2/3♫** Billy Gill
- 10:15-11:40 **Therapeutics ♫** Jackie Field
- 11:15-12:25 **Hatha Yoga 1♫** Jeannette Pugh
- 12:30-1:25 **Fundamentals of Yoga*** Teacher Varies
- 4:00-5:10 **Hatha Yoga 1/2♫** Cathy Orr

SUNDAY

- 8:00-8:55 **BarWorks® 1/2♫** Susan Woods
- 9:00-10:10 **Hatha Yoga 1/2♫** Toni Kuhn
- 10:00-11:10 **Hatha Yoga 2♫** Ginger Sullivan
- 10:30-11:40 **Hatha Yoga 1♫** Risa Albertson
- 12:45-1:40 **SculptWorks® 1/2♫** Amber Borbon
- 4:00-5:10 **Hatha Yoga 1/2♫** Risa Albertson
- 4:30-5:40 **Vinyasa Flow 2♫** Walter Gregory
- 6:00-7:25 **Restoratives** Karin Bohr

LEGEND

- * First time students given priority. Call studio for details.
- ♫ Led by music
- ★ Class taught by a recent YogaWorks Teacher Training graduate (500 hrs).

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