yogaworks

class schedule may 13 - september 15, 2013
westwood
1256 westwood blvd • los angeles, ca 90024
310.234.1200 • yogaworks.com

MONDAY

6:15-7:30	**YogaWorks 1/2*** Carmen Fitzgibbon
9:15-10:45	**Iyengar 1/2** Garth McLean
9:30-10:55	**YW Flow 2/3♫** Thomas Taubman
11:00-12:30	**YogaWorks 1** Kim Fisch
12:45-1:45	**Vinyasa Flow 2** Gigi Snyder
2:15-3:45	**Yoga Blend 1/2** Tina Lenert★
3:00-4:00	**YW Meditation** Romy Phillips
4:30-5:55	**Vinyasa Flow 2** Kara Price
5:00-5:55	**Contemporary Pilates Mat 2** Kiki D. Amanno
6:00-7:25	**YW Flow 2/3♫** Sarah Ezrin
6:15-7:40	**YogaWorks 1/2♫** David Lynch
7:30-8:55	**Vinyasa Flow 2/3♫** Calvin Corzine
7:45-9:00	**Yoga Blend 1** Kiyomi Takahashi

TUESDAY

6:15-7:45	**Yoga Blend 1/2♫** Bahni Turpin
7:00-8:15	**Vinyasa Flow 2♫** Angela Kukhahn
9:15-10:45	**Iyengar 1/2** Paul Cabanis
9:30-10:45	**YogaWorks 1** Stacie Reeve
12:15-1:15	**Vinyasa Flow 2/3♫** Logan Cahoon
2:15-3:45	**Yoga Blend 1/2** Laila Liliana Garro★
4:15-5:45	**Iyengar 1** Chris Stein
4:30-5:45	**YW Flow 2** Gigi Snyder
6:00-7:20	**YogaWorks 2/3♫** Joan Hyman
6:00-7:25	**YogaWorks 1/2♫** Eka Ekong
7:30-8:30	**YogaWorks 1** Thomas Taubman
7:40-9:05	**Iyengar 1/2** Marla Apt

WEDNESDAY

6:15-7:30	**YogaWorks 1/2** Carmen Fitzgibbon
9:15-10:45	**Iyengar 1/2** Garth McLean
9:30-10:55	**YW Flow 2/3♫** Thomas Taubman
11:00-12:30	**YogaWorks 1** Kim Fisch
12:45-1:45	**Vinyasa Flow 2** Gigi Snyder
2:15-3:45	**Yoga Blend 1/2** Stephanie Crochet/ Kimberly Lindsey-Beal★
3:00-4:00	**YW Meditation** Romy Phillips
4:30-5:55	**Vinyasa Flow 2** Kara Price
5:00-5:55	**Contemporary Pilates Mat 2** Kiki D. Amanno
6:00-7:25	**YW Flow 2/3♫** Sarah Ezrin
6:15-7:40	**YogaWorks 1/2♫** David Lynch
7:30-8:55	**Vinyasa Flow 2/3♫** Calvin Corzine
7:45-9:00	**Yoga Blend 1** Kiyomi Takahashi

THURSDAY

6:15-7:45	**Yoga Blend 1/2♫** Bahni Turpin
7:00-8:15	**Vinyasa Flow 2♫** Angela Kukhahn
9:15-10:45	**Iyengar 1/2** Paul Cabanis
9:30-10:45	**YogaWorks 1** Stacie Reeve
12:15-1:15	**Vinyasa Flow 2/3♫** Logan Cahoon
2:15-3:45	**Yoga Blend 1/2** Erin Grossman★
4:15-5:45	**Iyengar 1** Chris Stein
4:30-5:45	**YW Flow 2** Gigi Snyder
6:00-7:20	**YogaWorks 2/3♫** Joan Hyman
6:00-7:25	**YogaWorks 1/2♫** Eka Ekong
7:30-8:30	**YogaWorks 1** Thomas Taubman
7:40-9:05	**Iyengar 1/2** Marla Apt

FRIDAY

6:15-7:30	**YogaWorks 1/2** Carmen Fitzgibbon
9:15-10:45	**Iyengar 1/2** Koren Paalman
9:30-10:55	**YW Flow 2/3♫** Thomas Taubman
11:00-12:30	**YogaWorks 1** Kim Fisch
12:45-1:45	**Vinyasa Flow 2♫** Eka Ekong
2:15-3:45	**Yoga Blend 1/2** Emilie Perz★
4:30-5:55	**Vinyasa Flow 2** Kara Price
6:00-7:25	**Vinyasa Flow 2/3♫** David Kim
6:00-7:25	**Relax Deeply** Brigitte Kouba

SATURDAY

8:00-8:55	**Pilates Fusion 2** Kiki D. Amanno
8:30-9:55	**Vinyasa Flow 2♫** Eka Ekong
9:00-10:30	**Yoga Blend 2** Jasmine Lieb
10:00-11:30	**Vinyasa Flow 2/3♫** Joan Hyman
10:45-12:15	**Yoga Blend 1** Jasmine Lieb
4:00-5:15	**YogaWorks 1** Stacie Reeve
4:30-5:55	**Vinyasa Flow 2/3♫** David Kim
5:30-7:00	**YogaWorks 1/2** Thomas Taubman

SUNDAY

8:15-9:45	**Iyengar 2** Marla Apt
9:00-10:25	**YW Flow 2/3** Amy Lafond
10:15-11:45	**YogaWorks 1** Stacie Reeve
10:30-11:55	**Yoga Blend 2/3♫** Eka Ekong
12:00-1:30	**Vinyasa Flow 2** Kara Price
4:15-5:45	**YogaWorks 1/2** Romy Phillips
4:30-5:55	**Vinyasa Flow 2/3♫** David Kim
6:00-7:25	**Yin Yoga 1** Yvette Hamaya

Pilates Group Reformer Classes (1 hour)

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

Thursday
9:00am • Beginning Reformer
1:30pm • Intermediate Reformer
6:30pm • Beginning Reformer

Saturday
9:30am • Beginning Reformer

Sunday
9:00am • Intermediate Reformer

Additional fee required. Call to register.

my yogaworks

Enjoy even more of our classes anytime, anywhere.
Online at myyogaworks.com.

LEGEND

♫ 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.

Visit yogaworks.com for substitute teachers & holiday hours.