

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:25 <b>Vinyasa Flow 2/3</b> ‡ Tim Senesi	6:30-7:40 <b>Hatha Yoga 1/2</b> Nicolette David	6:30-7:55 <b>Vinyasa Flow 2</b> ‡ Lisbeth Fritz	6:30-7:40 <b>Hatha Yoga 1/2</b> Nicolette David	6:30-7:55 <b>Vinyasa Flow 2</b> ‡ Lisbeth Fritz	8:00-8:55 <b>Pilates Mat 1/2</b> Cory Bufkin	8:00-9:25 <b>Hatha Yoga 1</b> Bob Metzler
9:00-10:25 <b>Viniyoga 1/2</b> Juris Zinbergs	8:00-8:55 <b>Pilates Mat 1/2</b> Maria Mashon	9:00-9:55 <b>BarWorks® 1/2*</b> Caitlin Rose	8:00-8:55 <b>Pilates Mat 1/2</b> Maria Mashon	9:00-9:55 <b>BarWorks® 1/2*</b> Tracy Bauer	8:30-9:55 <b>Vinyasa Flow 2/3</b> ‡ Lesley Fightmaster	9:30-10:25 <b>Pilates Mat 1/2</b> Laura Piini
10:45-11:55 <b>Vinyasa Flow 2</b> ‡ Lesley Fightmaster	9:00-9:55 <b>YogaWorks 1</b> Randy Allard	9:00-10:25 <b>Vinyasa Flow 2/3</b> ‡ Brittany Burke	9:00-9:55 <b>YogaWorks 1</b> Randy Allard	9:00-10:25 <b>Viniyoga 1/2</b> Juris Zinbergs	9:00-10:25 <b>Vinyasa Flow 2</b> Jon Burras	9:30-10:55 <b>Vinyasa Flow 2</b> ‡ Lisbeth Fritz
12:00-12:55 <b>YogaWorks 1/2</b> Jennie Jalalat	9:00-10:25 <b>Vinyasa Flow 2/3</b> ‡ Christine Gibb	10:00-11:25 <b>Viniyoga 1/2</b> Juris Zinbergs	9:00-10:25 <b>Vinyasa Flow 2/3</b> ‡ Christine Gibb	10:45-11:55 <b>Vinyasa Flow 2</b> ‡ Stacey Smith	10:00-10:55 <b>BarWorks® 1/2*</b> Cory Bufkin	10:30-11:55 <b>Hatha Yoga 1/2</b> Katresha Moskios
3:30-4:25 <b>Hatha Yoga 1/2</b> Stina Carter★	10:30-11:40 <b>Therapeutics</b> Trish Deignan	11:00-12:25 <b>Iyengar 1/2</b> Denise Thibault	10:30-11:40 <b>Therapeutics</b> Trish Deignan	11:00-12:25 <b>Iyengar 1/2</b> Denise Thibault	10:30-11:55 <b>Hatha Yoga 1</b> Katresha Moskios	11:00-12:25 <b>Vinyasa Flow 2/3</b> ‡ Tim Senesi
4:30-5:55 <b>Vinyasa Flow 2/3</b> ‡ Stacey Smith	12:00-12:55 <b>Vinyasa Flow 2</b> David Danon	12:00-12:55 <b>YogaWorks 1/2</b> Jennie Jalalat	12:00-12:55 <b>Vinyasa Flow 2</b> David Danon	12:00-12:55 <b>YogaWorks 1/2</b> Jennie Jalalat	11:30-12:55 <b>Vinyasa Flow 2</b> ‡ Shay Haghighat	4:30-5:55 <b>Hatha Yoga 1/2</b> Jan Thronson
5:00-5:55 <b>Hatha Yoga 1/2</b> Cathy Cox	12:00-12:55 <b>Pilates Mat 2</b> Caitlin Rose	4:30-5:55 <b>Vinyasa Flow 2/3</b> ‡ Lisbeth Fritz	12:00-12:55 <b>Pilates Mat 2</b> Caitlin Rose	2:15-3:25 <b>Gentle Yoga</b> Nicholas Bowden	<b>Fundamentals of Yoga**</b> Teacher Varies	
6:00-6:55 <b>Pilates Mat 1/2</b> Caitlin Rose	4:30-5:55 <b>Hatha Yoga 2</b> Phillip Sadler	5:00-5:55 <b>Hatha Yoga 1/2</b> Cathy Cox	4:30-5:55 <b>Hatha Yoga 2</b> Phillip Sadler	4:30-5:25 <b>YogaWorks 1/2</b> Laura Dudley	4:30-5:55 <b>Yin &amp; Yang 2</b> Suzy Gill	
6:15-7:40 <b>Restoratives</b> Diane Sutton	5:00-5:55 <b>Hatha Yoga 1/2</b> Cathy Cox	6:00-6:55 <b>Pilates Mat 1/2</b> Caitlin Rose	5:00-5:55 <b>Hatha Yoga 1/2</b> Cathy Cox	5:30-6:55 <b>Vinyasa Flow 2/3</b> ‡ Shay Haghighat		
7:00-8:10 <b>YogaWorks 2</b> Rachel Murray	6:00-7:25 <b>Vinyasa Flow 2</b> ‡ Audri Geary	6:15-7:40 <b>Restoratives</b> Lisbeth Fritz	6:00-7:25 <b>Vinyasa Flow 2</b> ‡ Audri Geary			
	6:30-7:40 <b>YogaWorks 1</b> Rebekah O'Shields	7:00-8:10 <b>YogaWorks 2</b> Rachel Murray	6:30-7:40 <b>YogaWorks 1</b> Rebekah O'Shields			

**Pilates Reformer Schedule**

**Tuesday: 12pm, 6pm**  
**Thursday: 12pm, 6pm**  
**Saturday: 9am**  
**Sunday: 10:30am**

Group Classes (1 hour).  
 Additional fee required. Call to register.

**LEGEND**

- \* Class does not utilize a bar at this location.
- \*\* Class size limited, pre-registration required. First time students are given priority. Call studio for details.
- ‡ Room temperatures 85 degrees and above.
- ★ Class taught by a recent YogaWorks 500 hour Teacher Training Graduate.

Visit [yogaworks.com](http://yogaworks.com) or download our mobile app for substitute teachers and holiday hours.