yogaworks

class schedule may 12 - september 14 , 2014
union square
138 fifth avenue, 4th floor (btwn 18th & 19th streets)
212.647.9642 • yogaworks.com

MONDAY

8:30-9:30	**Hatha Yoga 1/2** Katharine Lucic ★
10:00-11:15	**Vinyasa Flow 2♫** Padmini Veronica Perretti
12:30-1:30	**YW Flow 2** Heather Seagraves
12:45-2:00	**YogaWorks 1** Chrissy Carter
2:15-3:30	**Vinyasa Flow 2♫** Holly Ramey
4:30-5:30	**Pilates Mat 1/2** Jan O'Connell-Shah
5:00-6:00	**Vinyasa Flow 2♫** David Silverberg
6:00-7:10	**YogaWorks 1/2** Sarah Bell
6:15-7:30	**YW Flow 2** Chrissy Carter
7:15-8:30	**Vinyasa Flow 2/3** Julie Marx
7:35-8:35	**YogaWorks 1** Kristen Engles

TUESDAY

7:30-8:30	**Vinyasa Flow 2♫** Stephanie Ervin
9:30-10:30	**YW Cardio Flow 2♫** Yuval Samburski
10:00-11:15	**YogaWorks 1/2** Caitlin Casella
12:15-1:15	**YogaWorks 1/2** Lynn Lisella
12:45-1:45	**Vinyasa Flow 2/3♫** Angela Botta
4:45-5:45	**YogaWorks 1/2** Julie Marx
6:00-7:10	**Hatha Yoga 2** Elizabeth Neuse Flint
6:00-7:15	**Hatha Yoga 2/3** John Ford
7:15-8:30	**YogaWorks 1/2** Maya Ray
7:30-8:30	**Vinyasa Flow 2♫** Jess Blake

WEDNESDAY

8:30-9:30	**Hatha Yoga 1/2** Laura Schatz ★
10:00-11:15	**Vinyasa Flow 2♫** Padmini Veronica Perretti
12:30-1:30	**YW Flow 2** Heather Seagraves
12:45-2:00	**YogaWorks 1** Chrissy Carter
2:15-3:30	**Vinyasa Flow 2♫** Holly Ramey
4:30-5:30	**Pilates Mat 1/2** Cynthia Bettis
5:00-6:00	**Vinyasa Flow 2♫** David Silverberg
6:00-7:10	**YogaWorks 1/2** Sarah Bell
6:15-7:30	**YW Flow 2** Chrissy Carter
7:15-8:30	**Vinyasa Flow 2/3** Julie Marx
7:35-8:35	**YogaWorks 1** Kristen Engles

THURSDAY

7:30-8:30	**Vinyasa Flow 2♫** Stephanie Ervin
9:30-10:30	**YW Cardio Flow 2♫** Yuval Samburski
10:00-11:15	**YogaWorks 1/2** Caitlin Casella
12:15-1:15	**YogaWorks 1/2** Lynn Lisella
12:45-1:45	**Vinyasa Flow 2/3♫** Angela Botta
4:45-5:45	**YogaWorks 1/2** Julie Marx
6:00-7:10	**Hatha Yoga 2** Elizabeth Neuse Flint
6:00-7:15	**Hatha Yoga 2/3** John Ford
7:15-8:30	**YogaWorks 1/2** Maya Ray
7:30-8:30	**Vinyasa Flow 2♫** Jess Blake

FRIDAY

10:00-11:15	**Vinyasa Flow 2♫** Taylor Dunham
12:15-1:15	**Hatha Yoga 1/2** Jess Blake
12:30-1:30	**YW Flow 2** Heather Seagraves
1:40-2:40	**Restorative** Elizabeth Neuse Flint
3:30-4:45	**Hatha Yoga 2/3** John Ford
4:45-5:45	**Pilates Mat 1/2** Keisa Parrish
5:15-6:15	**Vinyasa Flow 2** Janna Siegel
6:15-7:45	**Hatha Yoga 2** Douglass Stewart
6:30-7:30	**Vinyasa Flow 2♫** Padmini Veronica Perretti

SATURDAY

9:00-10:30	**Vinyasa Flow 2♫** Hollis Lewis
10:30-11:30	**Pilates Mat 1/2** Cynthia Bettis
10:45-12:15	**YW Flow 2/3** Chrissy Carter
12:30-1:30	**YogaWorks 1** Bethany Strauss
1:45-3:15	**Vinyasa Flow 2♫** Yuval Samburski
3:30-4:45	**Vinyasa Flow 2/3** John Ford

SUNDAY

9:30-10:45	**YogaWorks 2** Caitlin Casella
11:00-12:15	**Vinyasa Flow 2♫** Janna Siegel
12:45-2:00	**YogaWorks 1/2** Maya Ray
3:00-3:50	**Fundamentals of Yoga*** Lynn Lisella
5:15-6:15	**Hatha Yoga 1/2** Kristen Engles
5:30-6:45	**Vinyasa Flow 2/3♫** David Silverberg
6:30-7:30	**Restoratives** Kristen Engles

LEGEND

- * Class size limited, pre-registration required. First time students given priority. Call studio for details.
- ♫ Led by music
- ★ Class taught by a recent YogaWorks 500 hour Teacher Training Graduate.

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