yogaworks®

class schedule january 13 - may 11, 2014
pacific palisades
15327 sunset blvd • pacific palisades, ca 90272
310.454.7000 • yogaworks.com

MONDAY

6:30-7:25	**YogaWorks 1/2** Al Tavera
9:00-10:25	**YW Flow 2/3♫** Chris Armas
10:45-12:10	**YogaWorks 1/2** Olivia Barry
1:30-2:55	**Iyengar 1** Scott Hobbs
4:00-4:55	**Hatha Yoga 1/2** Ania Mechlinska★
5:45-6:55	**YogaWorks 1♫** Nichola Dunne
7:30-8:55	**Iyengar 1/2** Larry Heliker

TUESDAY

8:30-9:40	**YW Flow 2** Heather Seiniger
10:00-11:25	**YogaWorks 1/2♫** Nichola Dunne
1:30-2:40	**Gentle Yoga** Larry Heliker
5:00-6:25	**Yin Yoga 1** Lee Wolfort
6:30-7:40	**YogaWorks 1/2** Charlie Samos

WEDNESDAY

6:30-7:25	**YogaWorks 1/2** Al Tavera
9:00-10:25	**YW Flow 2/3♫** Chris Armas
10:45-12:10	**YogaWorks 1/2** Olivia Barry
1:30-2:55	**Iyengar 1** Scott Hobbs
4:00-4:55	**Hatha Yoga 1/2** Paula Edwards★
5:45-6:55	**Urban Zen 1** Nichola Dunne

THURSDAY

8:30-9:40	**YW Flow 2** Heather Seiniger
10:00-11:25	**YogaWorks 1/2♫** Nichola Dunne
1:30-2:40	**Gentle Yoga** Larry Heliker
5:00-6:25	**Yin Yoga 1** Lee Wolfort
6:30-7:40	**YogaWorks 1/2** Charlie Samos

FRIDAY

6:30-7:25	**YogaWorks 1/2** Al Tavera
9:00-10:25	**Vinyasa Flow 2/3** Billy Asad
10:45-12:10	**YogaWorks 1/2** Olivia Barry
1:30-2:55	**Iyengar 1** Scott Hobbs

SATURDAY

8:30-9:55	**Hatha Yoga 1/2♫** Deborah Blossom
9:30-10:55	**Iyengar 2** Larry Heliker
10:00-11:25	**YogaWorks 2** Alison Lindgren
11:30-12:55	**YogaWorks 1** Al Tavera

SUNDAY

8:30-9:55	**Hatha Yoga 1/2♫** Michelle Kronenberg
10:00-11:25	**Vinyasa Flow 2/3♫** Jeff Wells
11:30-12:40	**YogaWorks 1** Al Tavera
6:00-7:25	**Urban Zen 1** Amy Rose Stabley

LEGEND

♫ 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.