yogaworks

class schedule may 13 - september 15, 2013
montana
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MONDAY

6:30-8:55	**Ashtanga/Mysore*** Maria Villella
7:15-8:45	**Vinyasa Flow 2/3♫** Calvin Corzine
7:30-8:30	**Pranayama** (7/8, 7/22)** Lisa Walford
9:00-10:30	**Yoga Blend 1/2** Jasmine Lieb
9:00-10:35	**Iyengar 2/3** Lisa Walford
10:45-12:10	**Vinyasa Flow 2/3** Jesse Schein
10:45-12:10	**YogaWorks 1/2** Birgitte Kristen
12:30-1:55	**YW Flow 2** Heather Seiniger
12:30-2:00	**Prenatal** Mollie Johnson
2:30-4:00	**YogaWorks 1** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Sonya Hanlon
4:15-5:40	**Vinyasa Flow 2/3♫** Alexandria Crow
6:00-7:25	**Iyengar 1/2** Chris Stein
6:15-7:15	**Vinyasa Flow 2/3♫** Sara Ivanhoe
7:30-9:00	**YW Flow 2** Olivia Barry
7:30-9:00	**YogaWorks 1** John Gaydos

TUESDAY

6:15-7:35	**Iyengar 1/2** Koren Paalman
6:30-8:55	**Ashtanga/Mysore*** Maria Villella
7:30-8:30	**Pranayama** (8/6, 8/20)** Lisa Walford
7:40-9:00	**YogaWorks 1/2** Olivia Barry
9:00-10:25	**YW Flow 2** Anne Van Valkenberg
9:15-10:40	**Iyengar 2** Chris Stein
10:45-12:10	**YogaWorks 1/2** Al Tavera
10:45-12:15	**Vinyasa Flow 2/3** Jesse Schein
12:30-1:30	**Vinyasa Flow 2♫** Carolina Goldberg
1:15-2:45	**Therapeutics** Jasmine Lieb
2:15-3:30	**Seniors/ Community 1** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Nancy Goodstein
4:30-5:55	**Vinyasa Flow 2/3♫** Brock Cahill
6:00-7:25	**Vinyasa Flow 2/3** Chad Hamrin
6:10-7:25	**YW Flow 2** Birgitte Kristen
7:30-9:00	**Vinyasa Flow 2/3♫** Gigi Snyder
7:30-9:00	**Iyengar 1** Scott Hobbs

WEDNESDAY

6:30-8:55	**Ashtanga/Mysore*** Maria Villella
7:15-8:45	**Vinyasa Flow 2/3♫** Calvin Corzine
9:00-10:30	**Yoga Blend 1/2** Jasmine Lieb
9:00-10:35	**Iyengar 2/3** Lisa Walford
10:45-12:10	**Vinyasa Flow 2/3♫** Sara Ivanhoe
10:45-12:10	**YogaWorks 1/2** Birgitte Kristen
12:30-1:55	**YW Flow 2** Heather Seiniger
12:30-2:00	**Prenatal** Alexandra Lauterio
2:15-3:25	**Baby & Me (6wks-2yrs)** Raisa Lilling
2:30-4:00	**YogaWorks 1** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Sonya Hanlon
4:15-5:40	**Vinyasa Flow 2/3♫** Alexandria Crow
6:00-7:25	**Iyengar 1/2** Chris Stein
6:15-7:15	**Vinyasa Flow 2/3♫** Sara Ivanhoe
7:30-9:00	**YW Flow 2** Olivia Barry
7:30-9:00	**YogaWorks 1** John Gaydos

THURSDAY

6:15-7:35	**Iyengar 1/2** Koren Paalman
6:30-8:55	**Ashtanga/Mysore*** Maria Villella
7:30-8:30	**Pranayama** (9/5)** Lisa Walford
7:40-9:00	**YogaWorks 1/2** Olivia Barry
9:00-10:25	**YW Flow 2** Anne Van Valkenberg
9:15-10:40	**Iyengar 2** Chris Stein
10:45-12:10	**YogaWorks 1/2** Al Tavera
10:45-12:15	**Vinyasa Flow 2/3** Jesse Schein
12:30-1:30	**Vinyasa Flow 2♫** Carolina Goldberg
1:15-2:45	**Therapeutics** Jasmine Lieb
2:15-3:30	**Seniors/ Community 1** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Nancy Goodstein
4:30-5:55	**Vinyasa Flow 2/3♫** Brock Cahill
6:00-7:25	**Vinyasa Flow 2/3** Chad Hamrin
6:10-7:25	**YW Flow 2** Birgitte Kristen
7:30-9:00	**Vinyasa Flow 2/3♫** Gigi Snyder
7:30-9:00	**Iyengar 1** Scott Hobbs

FRIDAY

6:30-8:55	**Ashtanga/Mysore*** Maria Villella
7:15-8:45	**Vinyasa Flow 2/3♫** Calvin Corzine
7:30-8:30	**Pranayama** (5/24)** Lisa Walford
9:00-10:30	**Yoga Blend 1/2** Jasmine Lieb
9:15-10:40	**Iyengar 3** Marla Apt
10:45-12:10	**Vinyasa Flow 2/3♫** Sara Ivanhoe
10:45-12:10	**YogaWorks 1/2** Birgitte Kristen
12:30-1:55	**YW Flow 2** Heather Seiniger
2:30-4:00	**YogaWorks 1** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Sonya Hanlon
4:15-5:40	**YW Flow 2** Gigi Snyder
6:00-7:25	**Iyengar 1/2** Chris Stein
7:30-9:00	**Restoratives/ Iyengar** Chris Stein

SATURDAY

7:30-8:55	**YogaWorks 1** Al Tavera
7:30-8:55	**YW Flow 2/3** Sonya Hanlon
9:00-10:25	**Vinyasa Flow 2♫** Mia Togo
9:00-10:35	**Iyengar 2/3** Paul Cabanis
10:30-11:55	**YogaWorks 1/2** Heather Seiniger
10:45-12:10	**Vinyasa Flow 2/3** Jesse Schein
12:15-1:30	**Prenatal Flow♫** Patti Quintero
12:30-1:55	**Vinyasa Flow 2♫** Carolina Goldberg
2:00-3:30	**Iyengar 1/2** Marla Apt
4:00-5:25	**Yoga Blend 1/2** Romy Phillips

SUNDAY

7:30-8:30	**Pranayama** (6/23)** Lisa Walford
7:30-9:25	**Iyengar 1/2** Chris Stein
8:00-10:10	**Ashtanga/Mysore*** Jodi Blumstein
9:30-10:55	**Vinyasa Flow 2/3♫** Calvin Corzine
10:15-11:45	**YW Flow 2♫** Rachael Simmons
11:00-12:25	**YogaWorks 1/2** Julie Jacobs
12:30-2:00	**Vinyasa Flow 2/3♫** Krista Cahill
2:15-3:45	**YogaWorks 1** John Gaydos
4:00-5:25	**YW Flow 2** Heather Seiniger
5:30-6:55	**Iyengar 1/2** Marla Apt
5:30-7:30	**Community 1/2 w/ Meditation ♫** Kia Miller
7:00-8:30	**Restoratives/ Iyengar** Marla Apt

LEGEND

* Ashtanga/Mysore classes do not meet on new & full moon including: (5/24, 6/23, 7/8, 7/22, 8/6, 8/20, 9/5)
** Pranayama classes meet on moon days.
♫ Music

Visit yogaworks.com for substitute teachers & holiday hours.