yogaworks

class schedule september 16 - january 12 , 2014
larchmont
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MONDAY

6:30-8:00	**Vinyasa Flow 2/3♫**	Billy Gill
8:30-9:55	**YogaWorks 1**	Anne Van Valkenburg
9:30-10:55	**Vinyasa Flow 2♫**	Maria Zavala
10:00-11:30	**Vinyasa Flow 2/3♫**	Jeanne Heileman
11:00-1:00	**Ashtanga/Mysore***	Jodi Blumstein
11:45-12:45	**Vinyasa Flow 2/3♫**	David Lynch
12:00-1:30	**Pre & Postnatal**	Patti Lewis
1:00-2:25	**Vinyasa Flow 2/3♫**	Whitney Allen
2:00-3:15	**Urban Zen 1**	Carmen Fitzgibbon
2:30-4:00	**YogaWorks 1**	Nona Chiang
4:00-5:30	**YogaWorks 1/2**	Carmen Fitzgibbon
4:30-5:50	**Vinyasa Flow 2/3♫**	Joan Hyman
6:00-7:30	**Iyengar 2**	Paul Cabanis
6:00-7:30	**Vinyasa Flow 2/3♫**	Caleb Asch
6:15-7:45	**Pre & Postnatal**	Patricia Starr
7:45-9:15	**Vinyasa Flow 2/3♫**	Caleb Asch
8:00-9:00	**YogaWorks 1**	Hazel Patterson
8:00-9:30	**Hatha Yoga 1/2**	Jeanne Heileman

TUESDAY

6:30-8:00	**Ashtanga/Led**	Jodi Blumstein
8:00-9:25	**Iyengar 1/2**	Marta Jasberg
8:30-9:55	**YW Flow 2/3♫**	Carolina Goldberg
9:00-10:30	**Hatha Yoga 1/2**	Diana Beardsley
9:30-10:55	**Hatha Yoga 1**	Michele Rappaport
10:00-11:30	**Hatha Yoga 2**	Patti Lewis
11:00-12:25	**HIV (no charge)**	Michele Rappaport
11:00-1:00	**Ashtanga/Mysore***	Jodi Blumstein
12:00-1:25	**YogaWorks 2/3♫**	Joan Hyman
2:30-4:00	**YogaWorks 1**	Kim Fisch
4:00-5:30	**YogaWorks 1/2**	Amy Lafond
4:30-5:50	**Vinyasa Flow 2/3♫**	Vinnie Marino
4:30-5:50	**Hatha Yoga 1**	Colleen Garrity
6:00-7:20	**YogaWorks 1/2**	Carmen Fitzgibbon
6:15-7:45	**Iyengar 2**	Koren Paalman
6:30-7:50	**Vinyasa Flow 2/3♫**	Caleb Asch
7:30-8:50	**Vinyasa Flow 2/3♫**	Whitney Allen
8:00-9:00	**Pilates Mat 1/2**	Monica Schuller
8:00-9:30	**Hatha Yoga 1**	Maria Zavala
9:00-10:00	**Vinyasa Flow 2♫**	Whitney Allen

WEDNESDAY

6:30-8:00	**Vinyasa Flow 2/3♫**	Billy Gill
8:30-9:55	**YogaWorks 1**	Anne Van Valkenburg
9:30-10:55	**Vinyasa Flow 2♫**	Maria Zavala
10:00-11:30	**Vinyasa Flow 2/3♫**	Jeanne Heileman
11:00-1:00	**Ashtanga/Mysore***	Jodi Blumstein
11:45-12:45	**Vinyasa Flow 2/3♫**	David Lynch
1:00-2:25	**Vinyasa Flow 2/3♫**	Whitney Allen
2:30-4:00	**YogaWorks 1**	Nona Chiang
4:00-5:30	**YogaWorks 1/2**	Carmen Fitzgibbon
4:30-5:50	**Vinyasa Flow 2/3♫**	Joan Hyman
4:30-5:50	**Viniyoga 1**	Fred Miller
6:00-7:25	**Vinyasa Flow 2/3♫**	Colleen Garrity
6:00-7:30	**Iyengar 1/2**	Keri Lee
6:15-7:45	**Pre & Postnatal**	Patricia Starr
7:30-9:00	**Hatha Yoga 2**	Jeanne Heileman
7:45-9:15	**Vinyasa Flow 2/3♫**	Caleb Asch
8:00-9:00	**YogaWorks 1**	Hazel Patterson

THURSDAY

6:30-8:00	**Ashtanga/Led**	Jodi Blumstein
8:00-9:25	**Iyengar 1/2**	Marta Jasberg
8:30-9:55	**YW Flow 2/3♫**	Carolina Goldberg
9:00-10:30	**Hatha Yoga 1/2**	Diana Beardsley
9:30-10:55	**Hatha Yoga 1**	Michele Rappaport
10:00-11:30	**Hatha Yoga 2**	Patti Lewis
11:00-12:25	**HIV (no charge)**	Michele Rappaport
11:00-1:00	**Ashtanga/Mysore***	Jodi Blumstein
12:00-1:25	**YogaWorks 2/3♫**	Joan Hyman
2:30-4:00	**YogaWorks 1**	Kim Fisch
4:00-5:30	**YogaWorks 1/2**	Amy Lafond
4:30-5:50	**Vinyasa Flow 2/3♫**	Vinnie Marino
4:30-5:50	**Hatha Yoga 1**	Colleen Garrity
6:00-7:20	**YogaWorks 1/2**	Carmen Fitzgibbon
6:15-7:45	**Iyengar 2**	Koren Paalman
6:30-7:50	**Vinyasa Flow 2/3♫**	Caleb Asch
7:30-8:50	**Vinyasa Flow 2/3♫**	Whitney Allen
8:00-9:00	**Pilates Mat 1/2**	Monica Schuller
8:00-9:30	**Hatha Yoga 1**	Maria Zavala
9:00-10:00	**Vinyasa Flow 2♫**	Whitney Allen

FRIDAY

6:30-8:00	**Vinyasa Flow 2/3♫**	Billy Gill
8:30-9:55	**YogaWorks 1**	Anne Van Valkenburg
9:30-10:55	**Vinyasa Flow 2♫**	Maria Zavala
10:00-11:30	**Vinyasa Flow 2/3♫**	Jeanne Heileman
11:00-1:00	**Ashtanga/Led 3***	Jodi Blumstein
11:45-12:45	**Hatha Yoga 2♫**	Colleen Garrity
1:00-2:25	**Vinyasa Flow 2/3♫**	Whitney Allen
2:30-4:00	**YogaWorks 1**	Nona Chiang
4:00-5:30	**YogaWorks 1/2**	Carmen Fitzgibbon
4:30-5:50	**Vinyasa Flow 2/3♫**	Joan Hyman
6:00-7:30	**Iyengar 2**	Paul Cabanis
6:15-7:30	**Hatha Yoga 1/2**	Bebe Chianni Lin
6:30-8:00	**Vinyasa Flow 2/3♫**	Colleen Garrity

SATURDAY

7:45-8:55	**YogaWorks 2♫**	David Lynch
8:15-9:40	**Iyengar 1/2**	Marta Jasberg
8:30-10:00	**YogaWorks 1**	Mollie Johnson
9:00-10:20	**Hatha Yoga 2/3**	Jeanne Heileman
9:45-11:15	**YW Flow 2**	Amy Lafond
10:30-11:50	**Vinyasa Flow 2/3♫**	Colleen Garrity
10:30-11:55	**Pre & Postnatal**	Patricia Starr
11:30-12:55	**Iyengar 2**	Scott Hobbs
12:00-1:25	**Vinyasa Flow 2/3♫**	Caleb Asch
1:00 - 2:30	**Hatha Yoga 1/2**	Patti Lewis
2:45-4:15	**Viniyoga 1**	Fred Miller
4:30-6:00	**Vinyasa Flow 2/3♫**	Clay Kyle
5:30-7:00	**YW Flow 2**	Amy Lafond

SUNDAY

8:30-9:50	**YogaWorks 1/2**	Kim Fisch
9:00-10:25	**Iyengar 1/2**	Keri Lee
10:00-11:20	**Vinyasa Flow 2/3♫**	Clay Kyle
10:30-11:55	**Viniyoga 1**	Fred Miller
11:30-12:50	**YogaWorks 1/2**	Amy Lafond
1:00-2:20	**Vinyasa Flow 2♫**	Whitney Allen
3:30-5:00	**YogaWorks 1**	Hazel Patterson
4:00-5:25	**Vinyasa Flow 2/3♫**	Vinnie Marino
5:45-7:10	**YW Flow 2/3♫**	Sarah Ezrin
6:00-7:30	**Hatha Yoga 1/2**	Patti Lewis
7:15-8:45	**Restoratives**	Paul Cabanis

LEGEND

* Ashtanga/Mysore classes do not meet on new & full moon days: 9/19, 10/4, 10/18, 12/2, 12/17

♫ Music

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