

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55 TRX® 2 ♫ Matt Ricca	6:00-6:55 Vinyasa Flow 2 ♫ Dave Larot	6:00-6:55 TRX® 2 ♫ Matt Ricca	6:00-6:55 Vinyasa Flow 2 ♫ Dave Larot	6:00-6:55 Hatha Yoga 1/2 ♫ Sonia Roberts	8:00-8:55 SculptWorks® 1/2 ♫ Ali Letsch	8:00-8:55 YW Cardio Flow 2 ♫ † Julie Conrad
6:00-6:55 Hatha Yoga 1/2 ♫ Sonia Roberts	7:15-8:10 Hatha Yoga 1 Maura Davies ★	6:00-6:55 Hatha Yoga 1/2 ♫ Sonia Roberts	7:15-8:10 Hatha Yoga 1 Kathe Oster ★	7:15-8:10 Hatha Yoga 1/2 Mary Machado ★	8:30-9:40 YogaWorks 1 Wes Linch	8:15-9:10 TRX® 1/2 ♫ Kim Aardalen
8:30-9:40 YogaWorks 1 Wes Linch	9:00-9:55 BarWorks® 1/2 ♫ Melissa Williams	8:30-9:40 YogaWorks 1 Wes Linch	9:00-9:55 BarWorks® 1/2 ♫ Melissa Williams	9:00-9:55 YW Cardio Flow 2/3 ♫ † Melanie Salvatore-August	9:00-10:10 YW Flow 2 ♫ † Melanie Salvatore-August	9:30-10:25 Pilates Mat 1 ♫ Ivy Noceto
8:45-10:10 Vinyasa Flow 2/3 Suzanne Drolet	9:15-10:25 YogaWorks 1/2 Lakshmi (Angie) Norwood	8:45-10:10 Vinyasa Flow 2/3 Suzanne Drolet	9:15-10:25 YogaWorks 1/2 Lakshmi (Angie) Norwood	9:15-10:10 TRX® 2 ♫ Ali Letsch	10:30-11:40 YogaWorks 1/2 ♫ Melanie Salvatore-August	10:30-11:55 YogaWorks 1/2 Mynx Inatsugu
10:00-11:25 YogaWorks 1/2 Mynx Inatsugu	9:30-10:25 YW Cardio Flow 2 ♫ † Melanie Salvatore-August	9:00-9:55 SculptWorks® 1/2 ♫ Matt Ricca	9:30-10:25 YW Cardio Flow 2 ♫ † Melanie Salvatore-August	10:15-11:25 YogaWorks 1/2 ♫ Melanie Salvatore-August	10:45-11:40 Gentle Yoga ♫ Jillian Bobowicz	12:15-1:25 Hatha Yoga 1 Kate Douglas
12:15-1:10 Vinyasa Flow 2/3 ♫ Lisa Danylchuk	11:00-11:55 Therapeutics Lakshmi (Angie) Norwood	10:00-11:25 YogaWorks 1/2 Mynx Inatsugu	11:00-11:55 Therapeutics Lakshmi (Angie) Norwood	12:15-1:10 Vinyasa Flow 2/3 ♫ † Jamie McMaster	11:15-12:40 Vinyasa Flow 2/3 ♫ † Jamie McMaster	12:30-1:55 Vinyasa Flow 2/3 ♫ Erin Cookston
1:30-2:25 Gentle Yoga Kate Douglas	12:00-12:55 Vinyasa Flow 2/3 Otto Dittmer	12:15-1:10 Vinyasa Flow 2/3 ♫ † Jamie McMaster	12:00-12:55 Vinyasa Flow 2/3 Otto Dittmer	12:30-1:25 Gentle Yoga Colleen Millen	Fundamentals of Yoga* Teacher Varies	4:15-5:25 Hatha Yoga 1/2 ♫ Dave Larot
1:30-2:25 Hatha Yoga 1/2 ♫ Mandy Jackson	12:15-1:10 Hatha Yoga 1 Jillian Bobowicz	1:30-2:25 Gentle Yoga Kate Douglas	12:15-1:10 Hatha Yoga 1 Jillian Bobowicz	1:30-2:25 Hatha Yoga 1/2 ♫ Mandy Jackson	2:00-3:25 Hatha Yoga 2 Suzanne Drolet	4:30-5:40 Vinyasa Flow 2 ♫ Allan Jacinto
4:30-5:40 Viniyoga 1/2 Mynx Inatsugu	4:30-5:40 YogaWorks 1/2 Mynx Inatsugu	1:30-2:25 Hatha Yoga 1/2 ♫ Mandy Jackson	2:45-3:40 Hatha Yoga 1 Lizette Marx ★	5:30-6:40 Vinyasa Flow 2 ♫ Allan Jacinto	3:45-4:40 Hatha Yoga 1 Suzanne Drolet	5:45-6:55 Yin Yoga ♫ Allan Jacinto
5:00-5:55 BarWorks® 1/2 ♫ Rosalyn Lee	5:00-5:55 SculptWorks® 2 ♫ Matt Ricca	4:15-5:40 YW Flow 3 Lakshmi (Angie) Norwood	4:30-5:40 YogaWorks 1/2 Mynx Inatsugu	6:00-7:10 Hatha Yoga 1/2 Colleen Millen		
6:00-6:55 Pilates Mat 1/2 Carly Millholland	6:00-6:55 SculptWorks® 1/2 ♫ Matt Ricca	4:30-5:40 Viniyoga 1/2 Mynx Inatsugu	5:00-5:55 SculptWorks® 2 ♫ Matt Ricca	6:45-7:55 Restoratives ♫ Allan Jacinto		
6:00-7:25 Vinyasa Flow 2/3 ♫ † Dave Larot	6:15-7:40 YW Flow 2 † Mynx Inatsugu	5:00-5:55 BarWorks® 1/2 ♫ Rosalyn Lee	6:00-6:55 SculptWorks® 1/2 ♫ Matt Ricca			
6:15-7:25 Hatha Yoga 1/2 ♫ Sonia Roberts	7:15-8:25 Gentle Yoga ♫ Jillian Bobowicz	6:00-6:55 Pilates Mat 1/2 Kristin Lindsay	6:15-7:40 YW Flow 2 † Mynx Inatsugu			
7:15-8:10 TRX® 2 ♫ Sarah Lewis	7:15-8:25 Hatha Yoga 1/2 Otto Dittmer	6:00-7:25 Vinyasa Flow 2/3 ♫ † Dave Larot	7:15-8:25 Hatha Yoga 1/2 Otto Dittmer			
7:45-8:40 Hatha Yoga 1 Kate Douglas		6:15-7:25 Hatha Yoga 1/2 ♫ Sonia Roberts				
7:45-8:55 YogaWorks 2 Julie Conrad		7:15-8:10 TRX® 2 ♫ Ali Letsch				
		7:45-8:40 Hatha Yoga 1 Kate Douglas				
		7:45-8:55 YogaWorks 2 Julie Conrad				

PILATES REFORMER CLASSES

 Classes offered daily for an additional fee.
 Complete schedule available at our front desk.
 Pre-registration required.

LEGEND

- * Class size limited, pre-registration required. First time students given priority. Call studio for details.
- ♫ Led by music.
- † Room temperatures 85 degrees and above.
- ★ 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.