yogaworks

class schedule may 12 - september 14 , 2014
westchester
50 south buckhout street • irvington, ny 10533
914.591.9642 • yogaworks.com

MONDAY

9:30-10:45 Hatha Yoga 2♫
Lisa Bennett Matkin

11:00-12:15 Iyengar 1/2
Julia Shaida

12:30-1:45 Hatha Yoga 1/2
Marianne Letizia

4:30-5:45 Hatha Yoga 1/2
Nicole Alexander★

6:00-7:15 Hatha Yoga 2
Marjorie Rosenfield

7:30-8:45 Vinyasa Flow 2♫
Kathy Marino

TUESDAY

7:30-8:30 Hatha Yoga 1/2
Allison Schubert

9:30-10:45 Hatha Yoga 2
Erica Halliwell

11:00-12:15 Gentle Yoga
Marianne Letizia

12:30-1:45 Hatha Yoga 1/2♫
Jennifer Monness

6:30-7:45 Hatha Yoga 2
Freddie Wyndham

8:00-9:00 Hatha Yoga 1
Ani Pidedjian

WEDNESDAY

9:30-10:45 Hatha Yoga 1/2
Carol Silverman

11:00-12:15 Iyengar 1/2
Julia Shaida

12:30-1:45 Vinyasa Flow 2/3♫
Allison Waguespack

4:30-5:45 Hatha Yoga 1/2♫
Sonya Sanmateu

6:00-7:15 Hatha Yoga 1/2♫
Carmela DeLuca

7:30-8:45 Vinyasa Flow 2♫
Kathy Marino

THURSDAY

7:30-8:30 Hatha Yoga 1/2
Allison Schubert

9:30-10:45 Vinyasa Flow 2/3♫
Erica Halliwell

11:00-12:15 Hatha Yoga 1/2♫
Jennifer Monness

12:30-1:45 Vinyasa Flow 2♫
Christine Chen

6:30-7:45 Vinyasa Flow 2♫
Allison Waguespack

8:00-9:00 Hatha Yoga 1
Ani Pidedjian

FRIDAY

9:30-10:45 Hatha Yoga 1
Marjorie Rosenfield

11:00-12:15 Gentle Yoga
Patty Wenig

12:30-1:45 Vinyasa Flow 2♫
Lisa Bennett Matkin

4:30-5:45 Hatha Yoga 1/2♫
Sonya Sanmateu

6:00-7:15 Hatha Yoga 2
Freddie Wyndham

SATURDAY

9:00-10:15 Hatha Yoga 1/2
Marjorie Rosenfield

10:30-11:45 Ashtanga Led 2
Ani Pidedjian

12:00-1:30 Hatha Yoga 2
Freddie Wyndham

2:00-3:00 Fundamentals of Yoga*
Allison Schubert

4:30-5:45 Hatha Yoga 1
Darcy Bowman

SUNDAY

8:30-10:00 Vinyasa Flow 2/3♫
Ann Marie Trabucco

10:15-11:30 Iyengar 2
Joe Cilmi

11:45-1:00 Hatha Yoga 2
Elizabeth Cooke

4:30-5:45 Hatha Yoga 1/2
Donna Boss

6:00-7:30 Restoratives ♫
Donna Boss

LEGEND

* Class is 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.