yogaworks

class schedule may 12 - september 14, 2014
laguna beach
30818 pacific coast highway • laguna beach, ca 92651
949.415.0955 • yogaworks.com

MONDAY

8:00-9:25	**Vinyasa Flow 2** Nicholas Bowden
9:00-10:25	**Vinyasa Flow 2** Nicolette David
9:30-10:25	**Hatha Yoga 1/2** Katresha Moskios
10:30-11:55	**Vinyasa Flow 2** Suzy Gill
10:30-11:55	**Hatha Yoga 1/2** Jon Burras
12:00-12:55	**Pilates Mat 1/2** Robin Toavs
12:00-1:10	**Hatha Yoga 1** Megan Bello
4:00-4:55	**Hatha Yoga 1/2** Renee Chenette
4:30-5:55	**Hatha Yoga 1/2** Bob Metzler
5:00-5:55	**Pilates Mat 1/2** Shannon Page
6:00-7:10	**Vinyasa Flow 2** Tim Senesi
7:00-8:10	**Yin & Yang 1/2** Suzy Gill
7:30-8:25	**SculptWorks® 1/2** Josh Plotkin

TUESDAY

6:30-7:25	**Vinyasa Flow 2** Lesley Fightmaster
9:00-10:25	**Gentle Yoga** Elizabeth Sharp
9:00-10:25	**Vinyasa Flow 2** Tim Senesi
10:30-11:25	**Pilates Mat 1/2** Tracy Bauer
10:30-11:40	**Vinyasa Flow 2/3** Sarah Reese
12:00-12:55	**YogaWorks 1/2** Lesley Fightmaster
12:15-1:40	**Therapeutics** Savita Geuther
4:00-4:55	**Pilates Mat 1/2** Caitlin Rose
5:00-5:55	**SculptWorks® 1/2** Tracy Bauer
5:00-5:55	**Vinyasa Flow 2** Courtney Parkyn
6:00-7:25	**Iyengar 2** Isabela Fortes
6:15-7:25	**Hatha Yoga 1/2** Renee Chenette
7:30-8:40	**Vinyasa Flow 2** Josh Plotkin

WEDNESDAY

6:30-7:25	**Vinyasa Flow 2** Lesley Fightmaster
8:00-9:25	**Vinyasa Flow 2** Nicholas Bowden
9:00-10:25	**Vinyasa Flow 2** Nicolette David
9:30-10:25	**Hatha Yoga 1/2** Katresha Moskios
10:30-11:55	**Vinyasa Flow 2** Suzy Gill
10:30-11:55	**Hatha Yoga 1/2** LB Iddings
12:00-12:55	**SculptWorks® 1/2** Drew Weir
12:00-1:10	**Hatha Yoga 1** Megan Bello
4:00-4:55	**Hatha Yoga 1/2** Renee Chenette
4:30-5:55	**Hatha Yoga 1/2** Bob Metzler
5:00-5:55	**Pilates Mat 1/2** Shannon Page
6:00-7:10	**Vinyasa Flow 2** Tim Senesi
7:00-8:10	**Yin & Yang 1/2** Suzy Gill
7:30-8:25	**SculptWorks® 1/2** Josh Plotkin

THURSDAY

6:30-7:25	**Vinyasa Flow 2** Lesley Fightmaster
9:00-10:25	**Hatha Yoga 1/2** Bob Metzler
9:00-10:25	**Vinyasa Flow 2** Tim Senesi
10:30-11:25	**Pilates Mat 1/2** Tracy Bauer
10:30-11:40	**Vinyasa Flow 2/3** Sarah Reese
12:00-12:55	**YogaWorks 1/2** Lesley Fightmaster
12:15-1:40	**Therapeutics** Savita Geuther
4:00-4:55	**Pilates Mat 1/2** Caitlin Rose
5:00-5:55	**SculptWorks® 1/2** Tracy Bauer
5:00-5:55	**Vinyasa Flow 2** Courtney Parkyn
6:00-7:25	**Iyengar 2** Isabela Fortes
6:15-7:25	**Hatha Yoga 1/2** Renee Chenette
7:30-8:40	**Vinyasa Flow 2** Josh Plotkin

FRIDAY

8:00-9:25	**Vinyasa Flow 2** Nicholas Bowden
9:00-10:25	**Vinyasa Flow 2** Cathy Cox
9:30-10:25	**Hatha Yoga 1/2** Katresha Moskios
10:30-11:55	**Vinyasa Flow 2** Tim Senesi
10:30-11:55	**Hatha Yoga 1/2** LB Iddings
12:00-12:55	**Pilates Mat 1/2** Robin Toavs
4:00-4:55	**Hatha Yoga 1/2** Renee Chenette
4:30-5:55	**Hatha Yoga 1/2** Bob Metzler
5:00-5:55	**SculptWorks® 1/2** Josh Plotkin
6:00-7:10	**Yin & Yang 1/2** Suzy Gill

SATURDAY

8:00-8:55	**Vinyasa Flow 2** Cathy Cox
8:30-9:40	**Hatha Yoga 1/2** Lynn Bushnell
9:00-9:55	**SculptWorks® 1/2** Tracy Bauer
10:00-10:55	**Pilates Mat 1/2** Tracy Bauer
10:00-11:25	**Vinyasa Flow 2/3** Suzy Gill
11:45-12:55	**Hatha Yoga 1/2** LB Iddings
12:00-12:55	**Fundamentals of Yoga*** Teacher Varies
1:00-1:55	**Hatha Yoga 1** LB Iddings
3:00-4:25	**Hatha Yoga 2** Bob Metzler

SUNDAY

7:45-8:40	**SculptWorks® 1/2** Drew Weir
8:45-9:55	**Hatha Yoga 1/2** Jacque Scott
9:00-10:25	**Vinyasa Flow 2/3** Tim Senesi
10:00-11:25	**Hatha Yoga 2** Bob Metzler
11:00-11:55	**Vinyasa Flow 2** Courtney Parkyn
4:00-5:25	**Restoratives** Elizabeth Sharp
4:30-5:55	**Hatha Yoga 1/2** Renee Chenette

Pilates Reformer Schedule

Monday: 6:30pm
Tuesday: 6pm
Wednesday: 4pm & 6:30pm

Group Classes (1 hour). Additional fee required. Call to register.

LEGEND

* Class size limited, pre-registration required. First time students are given priority. Call studio for details.

Visit yogaworks.com or download our mobile app for substitute teachers and holiday hours.