yogaworks

class schedule may 12 - september 14, 2014
mission viejo
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MONDAY

- 6:00-7:25 **Ashtanga/Led 2 🌡 ***
  Jacinthe Mitchell
- 9:00-10:25 **Hatha Yoga 1/2**
  Bob Metzler
- 9:00-10:25 **Hatha Yoga 1**
  Brinda Hari
- 10:30-11:55 **Gentle Yoga**
  Elizabeth Sharp
- 10:30-11:55 **Hatha Yoga 1/2**
  Renee Chenette
- 12:00-12:55 **Pilates Mat 2**
  Janet Mancinelli
- 4:30-5:55 **YogaWorks 1/2**
  Rachel Murray
- 5:00-5:55 **Pilates Mat 1/2**
  Robin Toavs
- 6:00-6:55 **Yin Yoga 1**
  Linda Trumpfheller
- 6:00-6:55 **Vinyasa Flow 2**
  Jacinthe Mitchell
- 7:00-7:55 **Hatha Yoga 1**
  Megan McCarver
- 7:00-7:55 **Fundamentals of Yoga****
  Jacinthe Mitchell

TUESDAY

- 9:00-10:10 **Therapeutics 1**
  Susan Kjesbo
- 9:00-10:25 **Hatha Yoga 1**
  LB Iddings
- 10:30-11:40 **YogaWorks 1/2**
  Rachel Murray
- 10:45-11:40 **BarWorks® 1/2**
  Robin Toavs
- 12:00-12:55 **YW Flow 2**
  Jessica Seabern
- 12:00-12:55 **Pilates Mat 1/2**
  Janet Mancinelli
- 1:00-2:15 **Hatha Yoga 1/2**
  Dina Kleiman★
- 3:30-4:55 **Therapeutics**
  Savita Geuther
- 5:00-5:55 **Yin & Yang 2**
  Suzy Gill
- 6:00-7:15 **Vinyasa Flow 2 🌡**
  Jacinthe Mitchell
- 6:15-7:40 **Gentle Yoga**
  Savita Geuther
- 7:30-8:55 **Hatha Yoga 1/2**
  Melanie Faught

WEDNESDAY

- 6:00-7:25 **Ashtanga/Led 2 🌡 ***
  Jacinthe Mitchell
- 9:00-10:25 **Hatha Yoga 1/2**
  Bob Metzler
- 9:00-10:25 **Hatha Yoga 1**
  Brinda Hari
- 10:30-11:55 **Gentle Yoga**
  Elizabeth Sharp
- 10:30-11:55 **Hatha Yoga 1/2**
  Renee Chenette
- 12:00-12:55 **BarWorks® 1/2**
  Robin Toavs
- 4:30-5:55 **Hatha Yoga 1/2**
  LB Iddings
- 5:00-5:55 **Pilates Mat 1/2**
  Janet Mancinelli
- 6:00-6:55 **Vinyasa Flow 2**
  Elizabeth Sharp
- 6:00-7:25 **Gentle Yoga**
  Janet Rice
- 7:00-7:55 **Hatha Yoga 1**
  Megan McCarver
- 7:30-8:25 **Prenatal**
  Linda Trumpfheller

THURSDAY

- 9:00-10:10 **Therapeutics 1**
  Susan Kjesbo
- 9:00-10:25 **Hatha Yoga 1**
  LB Iddings
- 10:30-11:40 **YogaWorks 1/2**
  Rachel Murray
- 10:45-11:40 **BarWorks® 1/2**
  Robin Toavs
- 12:00-12:55 **YW Flow 2**
  Jessica Seabern
- 12:00-12:55 **Pilates Mat 1/2**
  Janet Mancinelli
- 1:00-2:15 **Hatha Yoga 1/2**
  Simon Goss / Rebecca Fink★
- 3:30-4:55 **Therapeutics**
  Savita Geuther
- 5:00-5:55 **Yin & Yang 2**
  Suzy Gill
- 5:00-5:55 **BarWorks® 1/2**
  Jacinthe Mitchell
- 6:00-7:15 **Vinyasa Flow 2 🌡**
  Jacinthe Mitchell
- 6:15-7:40 **Gentle Yoga**
  Savita Geuther
- 7:30-8:55 **Hatha Yoga 1/2**
  Melanie Faught

FRIDAY

- 6:00-7:25 **Ashtanga/Led 2 🌡 ***
  Jacinthe Mitchell
- 9:00-10:25 **Hatha Yoga 1/2**
  Bob Metzler
- 10:15-11:40 **Gentle Yoga**
  Savita Geuther
- 10:30-11:55 **Hatha Yoga 1/2**
  Elizabeth Sharp
- 12:00-12:55 **Pilates Mat 1/2**
  Janet Mancinelli
- 12:00-1:10 **Ashtanga Prep 2/3**
  Jessica Seabern
- 5:00-5:55 **Meditation**
  Savita Geuther
- 6:00-6:55 **Yin Yoga 1**
  Linda Trumpfheller

SATURDAY

- 8:00-8:55 **Pilates Mat 2**
  Robin Toavs
- 8:00-9:25 **Gentle Yoga**
  Linda Trumpfheller
- 9:00-9:55 **Hatha Yoga 1/2**
  LB Iddings
- 9:30-10:55 **Vinyasa Flow 2**
  Emily Strombotne
- 11:00-11:55 **Hatha Yoga 1**
  Megan McCarver
- 12:30-1:55 **Hatha Yoga 1/2**
  Bob Metzler

SUNDAY

- 9:00-9:55 **Gentle Yoga 1**
  Elizabeth Sharp
- 9:00-9:55 **Vinyasa Flow 2**
  Josh Plotkin
- 10:00-11:25 **Vinyasa Flow 2**
  Jon Burras
- 11:45-1:10 **Hatha Yoga 1**
  Jon Burras
- 4:00-4:55 **Hatha Yoga 1/2**
  Melanie Faught
- 5:00-5:55 **Restoratives**
  Melanie Faught

LEGEND

🌡 Room temperatures 85 degrees and above.
* Ashtanga classes do not meet on new and full moon: 5/14, 5/28, 6/27, 8/25, 9/8
** Class size limited, pre-registration required. First time students are given priority. Call studio for details.
★ Class taught by a recent YogaWorks 500-hour Teacher Training Graduate

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