yogaworks®

class schedule march 3 - may 11, 2014
studio city
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818.506.9642 • yogaworks.com

MONDAY

6:15-7:10	**Hatha Yoga 2** Maud Nadler
8:30-9:25	**Hatha Yoga 1/2**♫ Jeremy Simpkin
9:00-9:55	**BarWorks® 1/2**♫ Demian Boergadine
9:45-11:10	**Hatha Yoga 2**♫ Juliet Guisasola
10:45-11:55	**YogaWorks 1** Beth Prandini
12:30-1:25	**YW Flow 2**♫ Carolina Goldberg
4:30-5:25	**YW Cardio Flow 2**♫ Ashley Platz
6:00-7:25	**Iyengar 1/2** Robyn Harrison
6:15-7:10	**TRX® 2**♫ Becky Schaller
7:30-8:40	**Vinyasa Flow 2**♫🕯 Jeremy Simpkin

TUESDAY

6:00-6:55	**TRX® 2**♫ Micki Duran
6:15-7:10	**Hatha Yoga 2** Maud Nadler
8:30-9:25	**Hatha Yoga 2/3**♫ Rebecca Benenati
9:45-10:55	**Vinyasa Flow 2** Elizabeth Blanchard
11:00-12:10	**Pre/Postnatal** Rebecca Benenati
12:30-1:40	**Hatha Yoga 1/2**♫ Huba Kelemen
5:00-5:55	**Vinyasa Flow 2**♫ Anthony Benenati
6:15-7:25	**Hatha Yoga 1/2**♫ Ashley Corlis
7:00-7:55	**SculptWorks® 1/2**♫ Eduardo Duran
7:30-8:25	**YogaWorks 1**♫ Kerrie Cason

WEDNESDAY

6:15-7:10	**Vinyasa Flow 2** Anthony Benenati
8:30-9:25	**Hatha Yoga 2/3**♫ Rebecca Benenati
9:00-9:55	**BarWorks® 1/2**♫ Demian Boergadine
9:45-11:10	**Hatha Yoga 2**♫ Rebecca Benenati
10:45-11:55	**YogaWorks 1** Beth Prandini
12:30-1:25	**YW Flow 2**♫ Carolina Goldberg
4:30-5:25	**YW Cardio Flow 2**♫ Ashley Platz
6:00-7:25	**Iyengar 1/2** Robyn Harrison
6:15-7:10	**TRX® 2**♫ Becky Schaller
7:30-8:40	**Vinyasa Flow 2**♫🕯 Jeremy Simpkin

THURSDAY

6:00-6:55	**TRX® 2**♫ Micki Duran
6:15-7:10	**Hatha Yoga 2** Maud Nadler
8:30-9:25	**Hatha Yoga 2/3**♫ Rebecca Benenati
9:45-10:55	**Vinyasa Flow 2** Elizabeth Blanchard
11:00-12:10	**Pre/Postnatal** Rebecca Benenati
12:30-1:40	**Hatha Yoga 1/2**♫ Huba Kelemen
5:00-5:55	**Vinyasa Flow 2**♫ Anthony Benenati
6:15-7:25	**Hatha Yoga 1/2**♫ Ashley Corlis
7:00-7:55	**SculptWorks® 1/2**♫ Eduardo Duran
7:30-8:25	**YogaWorks 1**♫ Kerrie Cason

FRIDAY

6:15-7:10	**Hatha Yoga 2** Maud Nadler
8:30-9:25	**Hatha Yoga 1/2**♫ Jeremy Simpkin
9:00-9:55	**BarWorks® 1/2**♫ Demian Boergadine
9:45-11:10	**Hatha Yoga 2**♫ Rebecca Benenati
10:45-11:55	**Hatha Yoga 1** Sara Green
12:30-1:25	**YW Flow 2**♫ Carolina Goldberg
4:30-5:25	**YW Cardio Flow 2**♫ Ashley Platz
6:00-7:10	**Restoratives**♫ Jeremy Simpkin
6:15-7:10	**TRX® 2**♫ Becky Schaller

SATURDAY

8:00-8:55	**SculptWorks® 1/2**♫ Becky Schaller
8:30-9:40	**YogaWorks 1/2** Ashley Nelson
9:15-10:10	**BarWorks® 1/2**♫ Juliet Guisasola
10:00-11:25	**Vinyasa Flow 2/3** Elizabeth Blanchard
10:30-11:55	**Iyengar 1/2** Robyn Harrison
12:00-1:10	**Gentle Yoga** Tim Healey
1:30-2:25	**Hatha Yoga 1/2**♫ Huba Kelemen
3:00-3:55	**YW Cardio Flow 2**♫ Ashley Corlis

SUNDAY

8:30-9:40	**Hatha Yoga 1/2**♫ Huba Kelemen
10:00-11:25	**Vinyasa Flow 2** Klara Aoun
10:30-11:25	**Pilates Mat 1/2**♫ Margaret Chapman
12:00-1:25	**Iyengar 1/2** Marta Jasberg
2:00-3:00	**Fundamentals of Yoga*** Teacher Varies
4:00-5:10	**YogaWorks 1/2**♫ Kerrie Cason
5:30-6:40	**Restoratives**♫ Jenny Klossner

LEGEND

♫ Led by Music
🕯 Class led by Candlelight
* Class size limited, pre-registration required. First time students given priority. Call studio for details.

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