

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:00 Ashtanga/Mysore* Natale Ferreira	6:00-8:00 Ashtanga/Mysore* Natale Ferreira	6:00-8:00 Ashtanga/Mysore* Natale Ferreira	6:00-8:00 Ashtanga/Mysore* Natale Ferreira	6:30-8:00 Ashtanga/Led 2* Natale Ferreira	7:30-8:50 YogaWorks 1 Kim Haegele	7:30-8:50 YogaWorks 1 Kim Haegele
6:30-7:20 TRX® 1♫ Amy Neighbors	6:15-7:25 Yoga Blend 1/2 Yvette Hamaya	6:30-7:30 Vinyasa Flow 2 Greville Henwood	6:15-7:25 Yoga Blend 1/2 Yvette Hamaya	6:30-7:20 TRX® 1♫ Maeve McCaffrey	8:00-8:55 SculptWorks® 1/2♫ Maeve McCaffrey	8:30-10:00 Vinyasa Flow 2/3 Maria Zavala
6:30-7:30 Vinyasa Flow 2 Greville Henwood	8:30-9:45 YogaWorks 2/3♫ David Kim	7:45-9:00 Yoga Blend 1♫ Doug Binzak	8:30-9:45 YogaWorks 2/3♫ David Kim	6:30-7:30 Vinyasa Flow 2 Greville Henwood	9:00-9:55 SculptWorks®/TRX® 2/3♫ Maeve McCaffrey	9:00-10:00 Family Yoga**** Jocelyn Kay Levy
7:45-9:00 Yoga Blend 1♫ Doug Binzak	9:15-10:15 BarWorks® 2♫ Roxanne Captor	8:30-9:45 Vinyasa Flow 2/3♫ Genevieve Fischer	9:15-10:15 BarWorks® 2♫ Jocelyn Kay Levy	7:45-9:00 Yoga Blend 1♫ Doug Binzak	9:00-10:25 Vinyasa Flow 2/3♫ Marla Wedge	9:00-10:25 Yoga Blend 1/2 Bebe Chianni Lin
8:30-9:45 Vinyasa Flow 2/3♫ Genevieve Fischer	10:00-11:30 Vinyasa Flow 2♫ Shelley Williams	9:30-10:55 Yoga Blend 2♫ Jorge Luna	10:00-11:30 Vinyasa Flow 2♫ Shelley Williams	8:30-9:45 Vinyasa Flow 2/3♫ Genevieve Fischer	10:00-10:55 DanceWorks® 1♫ Brandon Anthony	10:15-11:15 SculptWorks® 1/2♫ Chappell Westlake
9:30-10:55 Yoga Blend 2♫ Jorge Luna	10:30-12:00 Iyengar 2 Jennifer Edwards	9:30-10:55 Restoratives**** Koren Paalman	10:30-12:00 Iyengar 2 Jennifer Edwards	9:30-10:55 Yoga Blend 2♫ Jorge Luna	10:30-11:55 Yoga Blend 2 Casey Coda	10:15-11:45 YogaWorks 2♫ David Kim
9:30-10:55 Restoratives Jennifer Edwards	12:00-1:00 Yoga Blend 1♫ Romy Phillips	11:00-12:25 Kundalini 1/2♫ Aimée Donahue	12:00-1:00 Yoga Blend 1♫ Romy Phillips	11:00-12:25 Yoga Blend 1♫ Aimée Donahue	10:45-12:15 Vinyasa Flow 2/3 Shelley Williams	10:45-12:00 Vinyasa Flow 2/3♫ John Neidlinger
11:00-12:25 Yoga Blend 1♫ Aimée Donahue	12:30-1:20 TRX® 1♫ Jorge Luna	11:30-12:55 Pre & Postnatal♫ Amy Rose Stabley	12:30-1:20 TRX® 1♫ Jorge Luna	11:30-12:55 Prenatal♫ Patricia Grube	11:00-11:55 Contemporary Pilates Mat 2 Monica Schuller	11:30-12:30 BarWorks® 1/2♫ Chappell Westlake
11:30-12:55 Prenatal♫ Patricia Grube	12:30-1:30 Classical Pilates Mat 1/2 Alisa Wyatt	12:15-1:15 SculptWorks® 2/3♫ Jorge Luna	12:30-1:30 Classical Pilates Mat 1/2 Alisa Wyatt	12:15-1:15 SculptWorks® 2/3♫ Jorge Luna	12:00-1:00 BarWorks® 1/2♫ Monica Schuller	1:30-2:30 Contemporary Pilates Mat 1/2 Monica Schuller
12:15-1:15 SculptWorks® 2/3♫ Jorge Luna	2:30-3:55 Gentle Yoga Amy Rose Stabley	12:30-1:30 Vinyasa Flow 2/3♫ Angela Kukhahn	2:30-3:55 Gentle Yoga Amy Rose Stabley	12:30-1:30 Vinyasa Flow 2/3♫ Angela Kukhahn	12:30-1:30 Fundamentals of Yoga Teacher Varies	2:35-3:55 Gentle Yoga Amy Rose Stabley**
12:30-1:30 Vinyasa Flow 2/3♫ Angela Kukhahn	4:30-5:25 BarWorks® 1/2♫ Jocelyn Kay Levy	4:30-5:55 YogaWorks 1/2 Greville Henwood	4:30-5:25 BarWorks® 1/2♫ Sarah Hileman	4:30-5:55 YogaWorks 1/2 Greville Henwood	12:30-1:45 Kundalini 1/2♫ Aimée Donahue	4:00-5:25 Yoga w/ Ropes 1/2 Tim Senesi
Baby & Me (6 wks- pre-walkers) Patricia Grube	4:45-5:55 Vinyasa Flow 2/3 Jorge Luna	4:45-5:45 BarWorks® 2♫ Darci Torney	4:45-5:55 Vinyasa Flow 2/3 Jorge Luna	6:00-7:00 BarWorks® 1/2♫ Sarah Hileman	4:00-5:00 Vinyasa Flow 2/3♫ Chris Armas	5:30-6:55 Yoga Blend 1/2♫ Szymon Wojcik
4:30-5:55 YogaWorks 1/2 Greville Henwood	5:30-6:30 DanceWorks® 1♫ Brandon Anthony	5:00-6:00 YW Cardio Flow 2♫ Chappell Westlake	5:30-6:30 DanceWorks® 1♫ Brandon Anthony	6:00-7:30 Vinyasa Flow 2/3♫ Chris Armas	4:00-5:25 Iyengar 1 Jennifer Edwards	5:30-6:55 Vinyasa Flow 2/3♫ Angela Kukhahn
4:45-5:45 BarWorks® 1/2♫ Darci Torney	6:00-7:25 Vinyasa Flow 2♫ David Lynch	6:00-7:25 Vinyasa Flow 2/3♫ Marla Wedge	6:00-7:25 Vinyasa Flow 2♫ David Lynch	6:15-7:40 Iyengar 1/2 Koren Paalman	5:30-6:55 Yoga Blend 1/2♫ Szymon Wojcik	
5:00-6:00 YW Cardio Flow 2♫ Jocelyn Kay Levy	6:10-7:40 YogaWorks 1/2 Anne Van Valkenburg	6:15-7:15 BarWorks® 1/2♫ Chappell Westlake	6:10-7:40 YogaWorks 1/2 Anne Van Valkenburg	7:45-9:00 Relax Deeply Lee Wolfort		
6:00-7:25 Vinyasa Flow 2/3♫ Marla Wedge	6:45-7:40 SculptWorks® 2/3♫ Rachel Ross	6:15-7:40 Iyengar 1/2 Koren Paalman	6:45-7:40 SculptWorks® 2/3♫ Sheyla Cintron			
6:15-7:15 BarWorks® 2♫ Jocelyn Kay Levy	7:35-8:50 Yoga Blend 1/2♫ Romy Phillips	7:35-8:55 Candle Flow 2/3♫ John Neidlinger	7:35-8:50 Yoga Blend 1/2♫ Romy Phillips			
6:15-7:40 Iyengar 1/2 Koren Paalman	7:45-8:35 TRX® 1♫ Rachel Ross	7:45-9:05 Gentle Yoga Casey Coda	7:45-8:35 TRX® 1♫ Sheyla Cintron			
7:35-8:55 Candle Flow 2/3♫ John Neidlinger	7:45-9:15 Yin Yoga 1♫ Doug Binzak	7:45-9:15 YogaWorks 1/2♫ Rachael Simmons	7:45-9:15 Yin Yoga 1♫ Doug Binzak			
7:45-9:05 Gentle Yoga Casey Coda						
7:45-9:15 YogaWorks 1/2♫ Rachael Simmons						

TRX®
 Class offered for an additional fee.
 Pre-registration recommended. Call for an appointment.

LEGEND
 * Ashtanga/Mysore classes do not meet on moon days including: (1/22, 2/7, 2/21, 3/8, 3/22, 4/6, 4/21, 5/5)
 ** This class has a long-term sub. See front desk for exact dates.
 *** Class appropriate for those recovering from injury or illness
 **** Family yoga held on the 3rd Sunday of each month.
 ♫ Music
 Visit yogaworks.com for substitute teachers and holiday hours.