

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:30 <b>YW Cardio Flow 2</b> ♫ Chrissy Canning	6:00-7:00 <b>Yoga Blend 1</b> ♫ Andrea Peterson**	6:30 - 7:30 <b>YW Cardio Flow 2</b> ♫ Chrissy Canning	6:00-7:00 <b>Yoga Blend 1</b> ♫ Andrea Peterson**	8:30-9:45 <b>Yoga Blend 1</b> Coleen Garrity	8:30-9:55 <b>Yoga Blend 1/2</b> Beth Prandini	8:30-9:55 <b>Yoga Blend 1/2</b> ♫ Ellen Kalmenson
8:30-9:45 <b>Yoga Blend 1</b> Colleen Garrity	6:15-7:05 <b>SculptWorks®/ TRX® 1/2</b> ♫ Becky Schaller	8:30-9:45 <b>Yoga Blend 1</b> Colleen Garrity	6:15-7:05 <b>SculptWorks®/ TRX® 1/2</b> ♫ Erick Krull	9:00-9:55 <b>BarWorks® 1/2</b> ♫ Alana Lee	9:00-10:00 <b>YW Cardio Flow 2</b> ♫ Holly Rabishaw	9:00-10:00 <b>Contemporary Pilates Mat 1/2</b> Monica Schuller
9:00-9:55 <b>SculptWorks®/ TRX® 1/2</b> ♫ Alex McLean	7:15-8:45 <b>Iyengar 1</b> Scott Hobbs	9:00-9:55 <b>BarWorks® 1/2</b> ♫ Alana Lee	7:15-8:45 <b>Iyengar 1</b> Scott Hobbs	9:30-11:00 <b>YW Flow 2/3</b> ♫ ↓ David Lynch	9:30-10:45 <b>Yoga Blend 1</b> Chrissy Canning	10:00-11:00 <b>Family Yoga (2nd &amp; 4th Sunday)</b> Julie Markovitz
9:30-11:00 <b>YW Flow 2/3</b> ♫ ↓ David Lynch	9:00-10:15 <b>Yoga Blend 1/2</b> ♫ Holly Rabishaw	9:30-11:00 <b>YW Flow 2/3</b> ♫ ↓ David Lynch	9:00-10:15 <b>Yoga Blend 1/2</b> ♫ Holly Rabishaw	10:30-11:25 <b>SculptWorks®/ TRX® 1/2</b> ♫ Petra Polinkova	10:00-11:25 <b>Vinyasa Flow 2/3</b> Szymon Wojcik	10:00-11:25 <b>Vinyasa Flow 2/3</b> ♫ Beth Prandini
10:30-11:45 <b>Therapeutics/ Back</b> ♫ Hazel Patterson	9:30-11:00 <b>Vinyasa Flow 2</b> ♫ ↓ Chaz Russ	10:30-11:25 <b>SculptWorks®/ TRX® 1/2</b> ♫ Brandon Anthony	9:30-11:00 <b>Vinyasa Flow 2</b> ♫ ↓ Chaz Russ	10:30-11:45 <b>Gentle Yoga</b> Mollie Johnson	11:30-12:45 <b>Iyengar 1/2</b> Garth McLean	10:30-11:45 <b>YogaWorks 1</b> Ashley Rideaux
12:00-12:55 <b>BarWorks® 1/2</b> ♫ Chappell Westlake	10:30-11:30 <b>Pilates Fusion 1/2</b> Monica Schuller	10:30-11:45 <b>Gentle Yoga</b> Mollie Johnson	10:30-11:30 <b>Pilates Fusion 1/2</b> ♫ Diana Klein	12:00-1:00 <b>YogaWorks 1/2</b> Nona Chiang	12:00-1:30 <b>Yoga Blend 2</b> ♫ Joe Kara	11:00-11:55 <b>SculptWorks® 1/2</b> ♫ Alex McLean
12:00-1:00 <b>YogaWorks 1/2</b> ♫ Chrissy Canning	11:30-12:30 <b>Seniors</b> Shelley Piser	11:15-12:30 <b>Urban Zen 1</b> Hazel Patterson	11:30-12:30 <b>Seniors</b> Shelley Piser	1:30-2:45 <b>Iyengar 1/2</b> Koren Paalman	1:00-1:55 <b>SculptWorks® 1/2</b> ♫ Petra Polinkova	12:00-1:00 <b>Fundamentals of Yoga</b> Teacher Varies
12:45-2:00 <b>Yoga Blend 1/2</b> ♫ Holly Rabishaw	12:00-1:00 <b>Vinyasa Flow 2</b> ♫ Holly Rabishaw	12:00-1:00 <b>YogaWorks 1/2</b> Nona Chiang	12:00-1:00 <b>Vinyasa Flow 2</b> ♫ Holly Rabishaw	4:30-5:30 <b>Pilates Fusion 1/2</b> ♫ Karen Rennick	3:30-4:45 <b>Yoga Blend 1</b> Hayleigh Zachary	12:00-1:30 <b>Yoga Blend 2</b> ♫ Joe Kara
1:30-2:45 <b>Iyengar 1/2</b> Koren Paalman	1:30-2:45 <b>Yoga Blend 1</b> ♫ Scott Hobbs	12:45-2:00 <b>Yoga Blend 1/2</b> ♫ Holly Rabishaw	1:30-2:45 <b>Yoga Blend 1</b> ♫ Scott Hobbs	6:00-7:15 <b>Yoga Blend 1</b> ♫ Logan Cahoon		3:30-4:45 <b>Yoga Blend 1/2</b> Hayleigh Zachary
4:30-5:25 <b>SculptWorks® 1/2</b> ♫ Maevie McCaffrey	4:00-5:30 <b>Vinyasa Flow 2</b> ♫ Ellen Kalmenson	1:30-2:45 <b>Iyengar 1/2</b> Koren Paalman	4:00-5:30 <b>Vinyasa Flow 2</b> ♫ Ellen Kalmenson	7:00-8:30 <b>Candle Flow 2</b> Jackie Roberts		6:00-7:15 <b>Restoratives</b> Alex Lauterio
4:30-5:30 <b>Kids Yoga (5-9)*</b> Julie Markovitz	5:00-5:55 <b>SculptWorks®/ TRX® 1/2</b> ♫ Becky Schaller	4:30-5:25 <b>SculptWorks® 1/2</b> ♫ Diana Klein	5:00-5:55 <b>SculptWorks®/ TRX® 1/2</b> ♫ Becky Schaller	7:30-9:00 <b>Relax Deeply</b> ♫ Shelley Piser		
5:30-6:25 <b>BarWorks® 1/2</b> ♫ Becky Schaller	6:00-7:15 <b>Yoga Blend 1/2</b> ♫ Szymon Wojcik	4:30-5:30 <b>Youth Yoga (10 and up)*</b> Julie Markovitz	6:00-7:15 <b>Yoga Blend 1/2</b> ♫ Szymon Wojcik			
5:30-6:30 <b>YW Cardio Flow 2</b> ♫ Maevie McCaffrey	6:15-7:45 <b>Vinyasa Flow 2/3</b> ♫ ↓ Chaz Russ	5:30-6:25 <b>BarWorks® 1/2</b> ♫ Katina Brock	6:15-7:45 <b>Vinyasa Flow 2/3</b> ♫ ↓ Chaz Russ			
6:00-7:15 <b>Yoga Blend 1</b> Diana Makkabi	7:15-8:15 <b>DanceWorks® 1</b> ♫ Danielle Hobbs	5:30-6:30 <b>YW Cardio Flow 2</b> ♫ Diana Makkabi	7:15-8:15 <b>DanceWorks® 1</b> ♫ Danielle Hobbs			
7:00-8:00 <b>Contemporary Pilates Mat 1/2</b> Monica Schuller	7:30-8:45 <b>Yoga Blend 1</b> ♫ Szymon Wojcik	6:00-7:15 <b>Yoga Blend 1</b> ♫ Logan Cahoon	7:30-8:45 <b>Yoga Blend 1</b> ♫ Szymon Wojcik			
7:00-8:30 <b>Candle Flow 2</b> Jackie Roberts		7:00-8:00 <b>Contemporary Pilates Mat 1/2</b> Monica Schuller				
7:30-8:45 <b>Yoga Blend 1</b> Sara Feuhrer		7:00-8:30 <b>Candle Flow 2</b> Jackie Roberts				
		7:30-8:45 <b>Yoga Blend 1</b> Sara Feuhrer				

**LEGEND**

- ♫ Music
- ↓ Come prepared for room temperatures 85 degrees and above
- \* Kids and Youth Yoga , 8 week series available. Please see front desk for more info.
- \*\* This class has a long-term sub. See front desk for exact details. Visit yogaworks.com for substitute teachers and holiday hours.