

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:10 BarWorks® 1/2 ♫ Kerri Ripel Harris	6:00-7:00 Yoga Blend 1/2 ♫ Toni Kuhn	9:15-10:10 BarWorks® 1/2 ♫ Susan Woods	6:00-7:00 Yoga Blend 1/2 ♫ Toni Kuhn	6:00-7:00 Yoga Blend 1/2 ♫ Toni Kuhn	8:00-9:15 Yoga Blend 1/2 Walter Gregory	8:00-8:55 BarWorks® 1/2 ♫ Susan Woods
9:15-10:30 Yoga Blend 1/2 ♫ Louise Guzman	Classical Pilates Mat 1/2 ♫ Susan Woods	9:15-10:30 Yoga Blend 1/2 ♫ Louise Guzman	Classical Pilates Mat 1/2 ♫ Susan Woods	8:30-9:25 SculptWorks® 1/2 ♫ Jackie Field	8:30-9:20 TRX® 1 Annette Allen	9:00-10:15 Yoga Blend 1/2 ♫ Toni Kuhn
10:15-11:45 Yoga Blend 1 ♫ Jackie Field	10:30-11:45 Yoga Blend 1/2 ♫ Aundrea Politi	10:15-11:45 Iyengar Yoga 1/2 Monica Rose	10:30-11:45 Yoga Blend 1/2 ♫ Aundrea Politi	Contemporary Pilates Mat 1/2 Susan Woods	8:30-9:25 SculptWorks® 1/2 ♫ Allison Nelson	10:00-11:15 Vinyasa Flow 2 ♫ Louise Guzman
10:45-12:00 Yoga Blend 1/2 ♫ Billy Gill	10:30-12:00 Iyengar Yoga 1 Ida Unger	10:30-11:45 YW Flow 2 ♫ Dani Ibarra	10:30-12:00 Iyengar Yoga 1 Ida Unger	9:15-10:30 Gentle Yoga Dani Ibarra	9:30-10:30 Pilates Fusion 1/2 ♫ Wendy Hassenpflug	10:30-11:45 Yoga Blend 1 ♫ Risa Albertson
11:00-11:50 TRX® 1 Allison Nelson	12:00-1:00 Vinyasa Flow 2 ♫ Ashley Rideaux	11:00-11:50 TRX® 1 Allison Nelson	12:00-1:00 Vinyasa Flow 2 ♫ Ashley Rideaux	10:15-11:45 Iyengar Yoga 1/2 Monica Rose	9:30-10:45 Yoga Blend 2 Billy Gill	12:30-1:30 FamilyWorks* Toni Kuhn
12:00-1:00 Vinyasa Flow 2 ♫ Billy Gill	12:05-1:00 SculptWorks® 1/2 ♫ Allison Nelson	12:00-1:00 Yoga Blend 1/2 ♫ Allison Nelson	12:05-1:00 SculptWorks® 1/2 ♫ Allison Nelson	10:30-11:20 TRX® 1 Annette Allen	Therapeutics/ Back ♫ Jackie Field	12:45-1:40 SculptWorks® 1/2 ♫ Amber Borbon
12:00-1:15 Gentle Yoga Dani Ibarra	4:00-5:15 Yoga Blend 1/2 Ginger Sullivan ★	Therapeutics/ Back ♫ Dani Ibarra	1:00-2:15 Relax Deeply/ Pranayama Dani Ibarra	10:45-12:00 Yoga Blend 1/2 ♫ Billy Gill	11:00-12:15 YogaWorks 1 ♫ Ashley Rideaux	2:00-3:15 Yoga Blend 1/2 Walter Gregory
4:00-4:55 DanceWorks® 1 ♫ Ashley Calendo	4:30-5:45 Yoga Blend 1 ♫ Dede Switzer	4:00-5:15 YogaWorks 1/2 ♫ Ashley Rideaux	4:30-5:45 Yoga Blend 1 ♫ Dede Switzer	12:00-1:00 Vinyasa Flow 2 ♫ Billy Gill	1:00-1:55 DanceWorks® 1 Ashley Calendo	4:30-5:45 Yoga Blend 2 ♫ Vicki Howie
4:00-5:15 YogaWorks 1/2 ♫ Ashley Rideaux	5:00-5:55 BarWorks® 1/2 ♫ Kerri Ripel Harris	5:00-5:55 YW Cardio Flow 2 ♫ Allison Nelson	5:00-5:55 BarWorks® 1/2 ♫ Kerri Ripel Harris	Therapeutics/ Back ♫ Dani Ibarra	4:00-5:15 Yoga Blend 1/2 ♫ Andrea Dill	6:00-7:30 Restoratives Vicki Howie
5:00-5:55 YW Cardio Flow 2 ♫ Allison Nelson	6:00-6:50 TRX® 1 Jackie Field	5:30-6:45 YogaWorks 1 Ashley Rideaux	6:00-6:50 TRX® 1 Jackie Field	4:30-5:45 Yoga Blend 1/2 ♫ Wendy Hassenpflug		
5:30-6:45 YogaWorks 1 Ashley Rideaux	6:00-7:15 Yoga Blend 1/2 ♫ Terren Burson	6:00-6:55 SculptWorks® 1/2 ♫ Ashley Spears Howard	6:00-7:15 Yoga Blend 1/2 ♫ Terren Burson			
6:00-6:55 SculptWorks® 1/2 ♫ Allison Nelson	Relax Deeply/ Pranayama Dani Ibarra	Contemporary Pilates Mat 1/2 ♫ Wendy Hassenpflug	6:15-7:30 Therapeutics/ Back ♫ Dani Ibarra			
6:00-7:00 Pilates Fusion 1/2 ♫ Ashley Spears Howard	7:30-8:45 Yoga Blend 1 ♫ Cathy Orr	7:30-8:45 Candle Flow 1/2 ♫ Wendy Hassenpflug	7:30-8:45 Yoga Blend 1 ♫ Andrea Dill			
7:30-8:45 Candle Flow 1/2 ♫ Deb Dellosso	7:30-8:45 Candle Flow 2/3 ♫ Dani Ibarra	Fundamentals of Yoga** Dani Ibarra	7:30-8:45 Candle Flow 2/3 ♫ Dani Ibarra			

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

LEGEND

- ♫ Music
 - * FamilyWorks class meets on the last Sunday only.
 - ** Held on 2/1, 3/7, 4/4, 5/2 Pre-registration recommended.
 - ★ Class is taught by a 500-hour Teacher Training Graduate
- Visit yogaworks.com for substitute teachers and holiday hours.