yogaworks

class schedule january 14 - may 12, 2013
pasadena
277 west green street #110 pasadena, ca 91105
626.381.9785 yogaworks.com

MONDAY

- 6:00-6:55 **Vinyasa Flow 2**♫ — Kerrie Cason
- 6:30-7:25 **BarWorks® 1/2**♫ — Lisa Charest
- 9:00-10:15 **YW Flow 2**♫ — Eka Ekong
- 9:30-10:40 **YogaWorks 1/2** — Nona Chiang
- 10:30-11:30 **SculptWorks® 1/2**♫ — Micki Duran
- 12:00-1:00 **Vinyasa Flow 2**♫ 🌡 — George Kosmitis
- 12:15-1:15 **YogaWorks 1** — Hayleigh Zachary
- 1:30-2:45 **Gentle Yoga** — Lauren Maher
- 4:45-6:00 **Iyengar 1/2** — Allen Mulch
- 5:00-5:55 **Pilates Fusion 1/2** — Anastasia Baratta
- 6:00-7:30 **Vinyasa Flow 2**♫ — Sonya Perry
- 6:15-7:15 **TRX® 2**♫ — Demian Boergadine
- 7:30-8:45 **Yoga Blend 1/2** — Sara Feuhrer
- 8:00-9:00 **Candle Flow 2/3**♫ — Ashley Rideaux

TUESDAY

- 6:00-6:55 **Vinyasa Flow 2**♫ 🌡 — George Kosmitis
- 6:15-7:15 **SculptWorks® 1/2**♫ — Alana Lee
- 9:00-10:25 **Vinyasa Flow 2**♫ — Maria Zavala
- 9:30-10:40 **YogaWorks 1/2** — David Lynch
- 10:30-11:45 **YogaWorks 1** — Dani Ibarra
- 11:00-12:00 **Gentle Yoga** — Lauren Maher
- 12:00-12:55 **TRX® 2**♫ — Demian Boergadine
- 12:15-1:30 **YW Flow 2** — Carmen Fitzgibbon
- 4:30-5:45 **YogaWorks 1/2** — Ashley Rideaux
- 4:45-5:45 **BarWorks® 1/2**♫ — Katina Calvin
- 6:00-7:30 **Vinyasa Flow 2/3**♫ — Jeanne Heileman
- 6:15-7:30 **Iyengar 1** — Marta Jasberg
- 7:45-8:45 **YW Cardio Flow 2**♫ 🌡 — Micki Duran
- 7:45-9:00 **Restoratives** — Sonya Perry

WEDNESDAY

- 6:00-6:55 **Vinyasa Flow 2**♫ — Kerrie Cason
- 6:30-7:25 **BarWorks® 1/2**♫ — Alana Lee
- 7:30-8:45 **Iyengar 1** — Dora Hasenbein
- 9:00-10:15 **YW Flow 2**♫ — Eka Ekong
- 9:30-10:40 **YogaWorks 1/2** — Nona Chiang
- 10:30-11:30 **SculptWorks® 1/2**♫ — Micki Duran
- 12:00-1:00 **Vinyasa Flow 2**♫ 🌡 — George Kosmitis
- 12:15-1:15 **YogaWorks 1** — Hayleigh Zachary
- 4:45-6:00 **Iyengar 1/2** — Allen Mulch
- 5:00-5:55 **Contemporary Pilates Mat 1/2** — Kinga Night
- 6:00-7:30 **Vinyasa Flow 2**♫ — Sonya Perry
- 6:15-7:15 **TRX® 2**♫ — Christine Clark
- 7:30-8:45 **Yoga Blend 1/2** — Sara Feuhrer
- 8:00-9:00 **Candle Flow 2/3**♫ — Ashley Rideaux

THURSDAY

- 6:00-6:55 **Vinyasa Flow 2**♫ 🌡 — George Kosmitis
- 6:15-7:15 **SculptWorks® 1/2**♫ — Alana Lee
- 9:00-10:25 **Vinyasa Flow 2** — Maria Zavala
- 9:30-10:40 **YogaWorks 1/2**♫ — David Lynch
- 10:30-11:45 **YogaWorks 1** — Dani Ibarra
- 11:00-12:00 **Gentle Yoga** — Lauren Maher
- 12:00-12:55 **TRX® 2**♫ — Demian Boergadine
- 12:15-1:30 **YW Flow 2** — Carmen Fitzgibbon
- 4:30-5:45 **YogaWorks 1/2** — Ashley Rideaux
- 4:45-5:45 **BarWorks® 1/2**♫ — Katina Calvin
- 6:00-7:30 **Vinyasa Flow 2/3**♫ — Jeanne Heileman
- 6:15-7:30 **Iyengar 1** — Marta Jasberg
- 7:45-8:45 **YW Cardio Flow 2**♫ 🌡 — Micki Duran
- 7:45-9:00 **Restoratives** — Sonya Perry

FRIDAY

- 6:30-8:00 **Ashtanga/Led** — Maria Zavala
- 6:30-7:25 **BarWorks® 1/2**♫ — Sophie Olson
- 7:30-8:45 **Iyengar 1** — Dora Hasenbein
- 9:00-10:15 **YW Flow 2**♫ — Ashley Rideaux
- 9:30-10:40 **YogaWorks 1/2** — Nona Chiang
- 10:30-11:30 **SculptWorks® 1/2**♫ — Micki Duran
- 12:00-1:00 **Vinyasa Flow 2**♫ 🌡 — George Kosmitis
- 12:15-1:15 **YogaWorks 1** — Hayleigh Zachary
- 1:30-2:45 **Gentle Yoga** — Lauren Maher
- 4:45-6:00 **Iyengar 1/2** — Marta Jasberg
- 5:00-5:55 **Pilates Fusion 1/2** — Anastasia Baratta
- 6:00-7:15 **Vinyasa Flow 2**♫ 🌡 — George Kosmitis
- 6:15-7:15 **TRX® 2**♫ — Demian Boergadine

SATURDAY

- 8:00-8:55 **BarWorks® 1/2**♫ — Sophie Olson
- 9:00-10:25 **Vinyasa Flow 2**♫ 🌡 — George Kosmitis
- 10:00-11:15 **YogaWorks 1/2** — Jenny Lantz
- 10:30-11:45 **Iyengar 1/2** — Dora Hasenbein
- 12:00-1:00 **TRX® 2**♫ — Alana Lee
- 12:15-1:45 **Vinyasa Flow 2/3**♫ — Janice Choiu
- 1:15-2:15 **Fundamentals of Yoga** — Teacher Varies
- 2:15-3:30 **Gentle Yoga** — Lauren Maher
- 4:00-5:15 **Yoga Blend 1/2** — Sara Feuhrer

SUNDAY

- 8:00-8:55 **SculptWorks® 1/2**♫ — Katina Calvin
- 8:30-10:00 **Ashtanga/Led** — Maria Zavala
- 9:30-10:45 **YogaWorks 1/2** — Hayleigh Zachary
- 10:15-11:30 **Vinyasa Flow 2**♫ — Clio Manuelian
- 11:00-12:00 **Contemporary Pilates Mat 1/2** — Kinga Night
- 12:00-1:00 **YW Cardio Flow 2**♫ 🌡 — Micki Duran
- 12:15-1:45 **Iyengar 1/2** — Allen Mulch
- 3:00-4:15 **Yoga Blend 1/2** — Sonya Perry
- 4:30-5:55 **Vinyasa Flow 2/3**♫ — Janice Choiu
- 6:00-6:30 **YW Meditation** — Hayleigh Zachary

LEGEND

♫ Music

🌡 Come prepared for room temperatures 85 degrees and above

Visit yogaworks.com for substitute teachers and holiday hours