

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:15 <b>Yoga Blend 1/2</b> ♫ Cathy Lilly	8:15-9:15 <b>Gentle Yoga</b> ♫ Dilshad Keshwani	7:15-8:15 <b>YW Cardio Flow 2</b> ♫ Anna Hughes-Dioguardi	8:15-9:15 <b>Gentle Yoga</b> ♫ Dilshad Keshwani	7:15-8:15 <b>YW Cardio Flow 2</b> ♫ Anna Hughes-Dioguardi	8:30-9:45 <b>Ishta 2</b> ♫ Charles Matkin	8:30-9:45 <b>Yoga Blend 1/2</b> ♫ Devon McConnell
9:15-10:30 <b>Ishta 1/2</b> Mona Anand	9:30-10:45 <b>Vinyasa Flow 2</b> ♫ Lisa Matkin	9:15-10:30 <b>Ishta 1/2</b> ♫ Jackie Peresman	9:30-10:45 <b>Vinyasa Flow 2</b> ♫ Lisa Matkin	9:15-10:30 <b>Ishta 1/2</b> Mona Anand	<b>Fundamentals of Yoga</b> Stephanie Ervin	10:00-11:30 <b>Vinyasa Flow 2</b> ♫ Danielle Lee
10:45-11:45 <b>Prenatal</b> Amy Shachat	11:00-12:00 <b>Yoga Blend 1</b> Mimi Rosetti	10:45-11:45 <b>Prenatal</b> Amy Shachat	11:00-12:00 <b>YogaWorks1</b> Jocelyn Casey-Whiteman	10:45-11:45 <b>Restorative</b> Anna Hughes-Dioguardi	10:00-10:50 <b>Fundamentals of Yoga</b> Stephanie Ervin	10:00-11:30 <b>Vinyasa Flow 2</b> ♫ Danielle Lee
12:00-1:15 <b>YW Flow 2</b> Ann Mosca	12:30-1:30 <b>Yoga Blend 1/2</b> ♫ Lisa Matkin	12:00-1:00 <b>Ishta 2</b> ♫ Charles Matkin	12:30-1:30 <b>Yoga Blend 1/2</b> ♫ Lisa Matkin	12:00-1:15 <b>YW Flow 2</b> Ann Mosca	10:00-11:15 <b>Ishta 1/2</b> Kara Sekular	11:45-1:00 <b>Yoga Blend 1/2</b> ♫ Sissy St. John
1:30-2:30 <b>Vinyasa Flow 2</b> ♫ John Ford	4:30-5:45 <b>Yoga Blend 1/2</b> Donna Boss	1:30-2:30 <b>Vinyasa Flow 2</b> ♫ John Ford	4:30-5:45 <b>Yoga Blend 1/2</b> Donna Boss	3:00-4:15 <b>Gentle Yoga</b> ♫ Sara Beaudry	11:45-1:00 <b>Prenatal</b> Jackie Peresman	1:30-3:00 <b>Vinyasa Flow 2/3</b> ♫ Chelsey Aston Korus
3:00-4:15 <b>Gentle Yoga</b> Elizabeth Neuse	6:00-7:15 <b>Vinyasa Flow 2</b> ♫ Lisa Zaloga	3:00-4:15 <b>Gentle Yoga</b> Elizabeth Neuse	6:00-7:15 <b>Vinyasa Flow 2</b> ♫ Lisa Zaloga	4:30-5:45 <b>Ishta 1/2</b> Donna Boss	1:30-2:45 <b>Vinyasa Flow 2/3</b> ♫ Hollis Lewis	3:30-4:45 <b>Ishta 2</b> Ann Mosca
4:30-5:45 <b>Ishta 2</b> Ann Mosca	6:15-7:15 <b>Prenatal *</b> Sissy St. John	4:30-5:45 <b>Ishta 2</b> Ann Mosca	6:15-7:15 <b>Prenatal *</b> Sissy St. John	6:15-7:15 <b>Prenatal *</b> Caitlin Culp Vestal	3:30-4:45 <b>Yoga Blend 1</b> Pat Cohen	5:00-6:00 <b>YW Cardio Flow 2</b> ♫ Cathy Lilly
6:00-7:15 <b>Vinyasa Flow 2/3</b> ♫ Chelsey Aston Korus	7:30-9:00 <b>Yoga Blend 1/2</b> ♫ Danielle Zuccheri	5:00-6:00 <b>Therapeutics</b> Charles Matkin	7:30-9:00 <b>Yoga Blend 1/2</b> ♫ Danielle Zuccheri	6:30-7:45 <b>Yoga Blend 1/2</b> Kara Sekular	5:00-6:15 <b>Ishta 2</b> Kara Sekular	6:15-7:15 <b>Restorative *</b> Cathy Lilly
6:15-7:15 <b>Prenatal *</b> Caitlin Culp Vestal		6:00-7:15 <b>Vinyasa Flow 2/3</b> ♫ Timothy Bish	7:30-9:00 <b>Yoga Basics *</b> Hollis Lewis			
7:30-8:45 <b>Ishta 1/2</b> Kelly Eudailey		6:15-7:15 <b>YogaWorks 1 *</b> Kara Sekular				
		6:45-7:45 <b>Prenatal *</b> Caitlin Culp Vestal				
		7:30-8:45 <b>Ishta 1/2</b> Kelly Eudailey				

**LEGEND**

♫ Music

 \* Class size limited, pre-registration required. Call studio for details.  
 Visit yogaworks.com for substitute teachers