

MONDAY

7:00-8:15 **Vinyasa Flow 2**
Summer Shirey

7:30-8:30 **BarWorks® 1/2** ♪
Maya Magennis

8:00-9:00 **Yoga Blend 1/2**
Alie Carey

9:45-10:45 **SculptWorks® 1/2** ♪
Keisa Parrish

10:00-11:15 **YogaWorks 1/2**
Chrissy Carter

10:30-11:45 **Vinyasa Flow 2** ♪
Lisa Yi

11:00-12:30 **YogaWorks 2/3**
Paula Lynch

12:30-1:30 **Vinyasa Flow 2/3** ♪
Jeanmarie Paolillo

12:45-1:45 **YW Cardio Flow 2** ♪
Laurel Beversdorf

1:00-2:00 **YogaWorks 1/2** ♪
Libby Tonorezos-Garnett

2:15-3:30 **Iyengar 1**
Marcela Clavijo

4:15-5:45 **YogaWorks 2/3**
Jenny Aurthur

6:15-7:15 **Yoga Blend 1/2** ♪
Elizabeth Neuse

6:15-7:30 **Power Yoga 2/3** ♪ ♯
Sherman Morris

6:30-7:30 **Pilates Fusion 2**
Lindsay Ashmun

7:30-9:00 **Iyengar 1**
Michael Morphis

7:45-8:45 **Yoga Blend 1**
Stephanie Ervin

7:45-9:00 **Vinyasa Flow 2** ♪
Alex Schatzberg

TUESDAY

6:30-7:30 **Yoga Blend 1/2**
Floren Olivo ★

7:00-8:30 **Ashtanga**
Laura Olson

9:30-10:45 **YogaWorks 1/2** ♪
Libby Tonorezos-Garnett

9:45-10:45 **BarWorks® 2** ♪
Erin Donnelly

10:00-11:15 **YogaWorks 1**
Sarah Bell

11:00-12:15 **Vinyasa Flow 2** ♪
Lisa Zaloga

11:30-12:30 **Prenatal**
Stephanie G

Contemporary Pilates Mat 1/2 ♪
Holly Jean Cosner

12:30-1:30 **YogaWorks 2**
Julie Marx

1:00-2:00 **YogaWorks 2**
Julie Marx

2:15-3:15 **BarWorks® 2** ♪
Heather Seagraves

2:30-3:45 **YogaWorks 1/2**
Emily Mudd

4:30-5:45 **Vinyasa Flow 2** ♪
Megan Walsh

4:45-5:45 **Power Yoga 2** ♪ ♯
Chelsey Aston Korus

6:00-7:15 **YogaWorks 1**
Jodie Rufty

6:00-7:15 **Vinyasa Flow 2/3** ♪
Aarona Pichinson

6:15-7:45 **Anusara 1/2**
Julie Dohrman

7:30-8:45 **Vinyasa Flow 2/3** ♪
Anya Porter

8:00-9:00 **SculptWorks® 2** ♪
Keisa Parrish

8:00-9:15 **YogaWorks 1/2**
Heather Seagraves

WEDNESDAY

7:00-8:15 **Vinyasa Flow 2**
Summer Shirey

7:30-8:30 **BarWorks® 1/2** ♪
Lisa Greenblatt

8:00-9:00 **Yoga Blend 1/2**
Alie Carey

9:45-10:45 **Sculptworks® 1/2** ♪
Keisa Parrish

10:00-11:15 **YogaWorks 1/2**
Chrissy Carter

10:30-11:45 **Vinyasa Flow 2** ♪
Lisa Yi

11:00-12:30 **YogaWorks 2/3**
Paula Lynch

12:30-1:30 **Vinyasa Flow 2/3** ♪
Jeanmarie Paolillo

12:45-1:45 **YW Cardio Flow 2** ♪
Laurel Beversdorf

1:00-2:00 **YogaWorks 1/2**
Jenny Aurthur

4:15-5:45 **YogaWorks 2/3**
Jenny Aurthur

6:00-7:15 **Power Yoga 2/3** ♪ ♯
Sherman Morris

6:15-7:15 **Pilates Fusion 2**
Lindsay Ashmun

6:15-7:30 **Vinyasa Flow 2** ♪
Elizabeth Neuse

7:30-8:30 **Pilates Fusion 1**
Lindsay Ashmun

7:30-9:00 **Iyengar 1**
Michael Morphis

7:45-9:00 **Vinyasa Flow 2** ♪
Alex Schatzberg

THURSDAY

6:30-7:30 **Yoga Blend 1/2**
Dana Campbell ★

7:00-8:30 **Ashtanga**
Laura Olson

9:30-10:45 **YogaWorks 1/2** ♪
Libby Tonorezos-Garnett

9:45-10:45 **BarWorks® 2** ♪
Holly Jean Cosner

10:00-11:15 **YogaWorks 1**
Sarah Bell

11:00-12:15 **Vinyasa Flow 2** ♪
Lisa Zaloga

11:30-12:30 **Prenatal**
Stephanie G

Contemporary Pilates Mat 1/2 ♪
Holly Jean Cosner

12:30-1:30 **YogaWorks 2**
Julie Marx

1:00-2:00 **YogaWorks 2**
Julie Marx

2:15-3:15 **BarWorks® 2** ♪
Keisa Parrish

2:30-3:45 **YogaWorks 1/2**
Emily Mudd

4:30-5:45 **Vinyasa Flow 2** ♪
Megan Walsh

4:45-5:45 **Power Yoga 2** ♪ ♯
Chelsey Aston Korus

5:45-6:45 **BarWorks® 1/2** ♪
Erin Donnelly

6:00-7:15 **Vinyasa Flow 2/3** ♪
Aarona Pichinson

6:15-7:45 **Anusara 1/2**
Julie Dohrman

7:00-9:00 **Iyengar 2/3**
Carrie Owerko

7:30-8:45 **Vinyasa Flow 2/3** ♪
Anya Porter

8:00-9:15 **YogaWorks 1/2**
Heather Seagraves

FRIDAY

7:00-8:30 **Ashtanga**
Laura Olson

9:45-10:45 **SculptWorks® 2** ♪
Keisa Parrish

10:00-11:15 **YogaWorks 1**
Sarah Bell

10:30-11:45 **Vinyasa Flow 2** ♪
Jillian Pransky

12:15-1:15 **Restorative** ♪
Jillian Pransky

12:30-1:30 **Vinyasa Flow 2/3** ♪
Jeanmarie Paolillo

1:00-2:00 **YogaWorks 1/2**
Jenny Aurthur

2:15-3:30 **Iyengar 1**
Marcela Clavijo

5:00-6:15 **Vinyasa Flow 2** ♪
Elizabeth Neuse

6:00-7:30 **Power Yoga 2/3** ♪ ♯
Sherman Morris

6:30-7:30 **YogaWorks 1/2**
Jenny Aurthur

7:45-8:45 **Restorative**
Darcy Bowman

SATURDAY

9:30-10:30 **YogaWorks 1**
Bethany Strauss

9:30-11:00 **Anusara 2/3**
Julie Dohrman

10:30-11:30 **BarWorks® 2** ♪
Keisa Parrish

10:45-12:00 **Vinyasa Flow 2** ♪
Megan Walsh

11:15-12:30 **YogaWorks 1**
Julie Marx

12:00-1:00 **SculptWorks® 1/2** ♪
Erin Donnelly

12:15-1:15 **Yoga Blend 1/2**
Stephanie Ervin

1:30-2:45 **Power Yoga 2/3** ♪ ♯
Sherman Morris

1:30-3:30 **Iyengar 3**
Carrie Owerko

3:00-4:30 **Vinyasa Flow 2** ♪
Alex Schatzberg

4:00-5:15 **Yoga Blend 1/2** ♪
Johan Montijano

SUNDAY

9:45-10:45 **BarWorks® 2** ♪
Holly Jean Cosner

Fundamentals of Yoga
Whitney Wilson

YogaWorks 2/3 ♪
Jodie Rufty

Contemporary Pilates Mat 1/2 ♪
Holly Jean Cosner

11:00-12:15 **YogaWorks 1/2**
Emily Mudd

12:30-2:00 **Iyengar 1/2**
Kavi Patel

1:30-3:00 **Vinyasa Flow 2/3** ♪
Elizabeth Neuse

3:00-4:00 **YogaWorks 1**
Maya Ray

4:00-5:15 **Vinyasa Flow 2** ♪
Anya Porter

4:15-5:15 **Yoga Blend 1/2**
Alie Carey

5:30-6:45 **Restorative**
Bridget Shields

LEGEND

♪ Music
 ♯ Come prepared for room temperatures 85 degrees and above
 ★ Class is taught by a 500-hour Teacher Training Graduate
 Visit yogaworks.com for substitute teachers