yogaworks

class schedule january 14 - may 12, 2013
soho
459 broadway (at grand st) new york, ny 10013
212.965.0801 yogaworks.com

MONDAY

7:00-8:15	**Vinyasa Flow 2** Dana Campbell
7:30-8:30	**BarWorks® 1/2♫** Maya Magennis
8:00-9:00	**Yoga Blend 1/2** Alie Flynt
9:45-10:45	**TRX® 1/2♫** Keisa Parrish
10:00-11:15	**YogaWorks 1/2** Chrissy Carter
10:30-11:45	**Vinyasa Flow 2♫** Anya Porter
11:00-12:15	**YogaWorks 2** Paula Liberis
12:30-1:30	**Vinyasa Flow 2/3♫** Jeanmarie Paolillo
12:45-1:45	**BarWorks® 2♫** Lisa Greenblatt
1:00-2:00	**YogaWorks 1/2** Libby Tonorezos-Garnett
2:15-3:30	**Iyengar 1** Marcela Clavijo
4:30-5:45	**YogaWorks 2** Jenny Aurthur
5:00-6:00	**Power Yoga 2/3♫** Sam Chase
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♫** Tamar Samir

TUESDAY

7:00-8:15	**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
12:30-1:30	**Contemporary Pilates Mat 1/2♫** Holly Jean Cosner
12:45-1:45	**YogaWorks 2** Julie Marx
2:30-3:45	**Yoga Blend 1/2♫** Maya Magennis
4:30-5:45	**Vinyasa Flow 2♫** Megan Walsh
4:45-5:45	**Power Yoga 2/3♫ 🌡** Chelsey Aston Korus
5:00-6:00	**BarWorks® 1/2♫** Heather Seagraves
6:00-7:15	**YogaWorks 1** Jodie Rufty
6:00-7:15	**Vinyasa Flow 2/3♫** Aarona Pichinson
6:15-7:45	**Vinyasa Flow 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** Dana Campbell
7:30-8:30	**BarWorks® 1/2♫** Maya Magennis
8:00-9:00	**Yoga Blend 1/2** Alie Flynt
9:45-10:45	**TRX® 1/2♫** Keisa Parrish
10:00-11:15	**YogaWorks 1/2** Chrissy Carter
10:30-11:45	**Vinyasa Flow 2♫** Anya Porter
11:00-12:15	**YogaWorks 2** Paula Liberis
12:30-1:30	**Vinyasa Flow 2/3♫** Jeanmarie Paolillo
12:45-1:45	**Pilates Fusion 2** Keisa Parrish
1:00-2:00	**YogaWorks 1/2** Jenny Aurthur
4:30-5:45	**YogaWorks 2** 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♫** Tamar Samir

THURSDAY

7:00-8:15	**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
12:30-1:30	**Contemporary Pilates Mat 1/2♫** Holly Jean Cosner
12:45-1:45	**YogaWorks 2** Julie Marx
2:30-3:45	**Yoga Blend 1/2♫** Maya Magennis
4:30-5:45	**Vinyasa Flow 2♫** Megan Walsh
4:45-5:45	**Power Yoga 2/3♫ 🌡** Chelsey Aston Korus
5:45-6:45	**BarWorks® 1/2♫** Maya Magennis*
6:00-7:15	**Vinyasa Flow 2/3♫** Aarona Pichinson
6:15-7:45	**Vinyasa Flow 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

7:00-8:15	**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	**Vinyasa Flow 2** 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	**TRX® 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♫** Paul Ohr
5:30-6:45	**Urban Zen 1** Kirtan Smith

SUNDAY

9:45-10:45	**BarWorks® 2♫** Holly Jean Cosner*
10:00-10:50	**Fundamentals of Yoga** Whitney Wilson
10:00-11:30	**YogaWorks 2/3♫** Jodie Rufty
11:00-12:00	**Contemporary Pilates Mat 1/2♫** Holly Jean Cosner
11:00-12:15	**Yoga Blend 1/2** Dana Campbell
12:30-2:00	**Iyengar 1/2** Kavi Patel
1:30-3:00	**Vinyasa Flow 2/3♫** Elizabeth Neuse
3:00-4:00	**YogaWorks 2** Maya Ray
4:00-5:15	**Vinyasa Flow 2♫** Anya Porter
4:15-5:15	**Yoga Blend 1/2** Alie Flynt
5:30-6:45	**Restorative** Alie Flynt

LEGEND

♫ Music
🌡 Come prepared for room temperatures 85 degrees and above
* Class size limited. Early arrival suggested.

Visit yogaworks.com for substitute teachers