yogaworks

class schedule january 14 - may 12, 2013
union square
138 fifth avenue, 4th floor (betw 18th & 19th streets)
212.647.9642 yogaworks.com

MONDAY

7:15-8:30	**Vinyasa Flow 2** Angela Botta
8:30-9:30	**Yoga Blend 1/2** Aisling Milne ★
9:15-10:30	**Vinyasa Flow 2♫** Tim Bish
10:00-11:15	**YogaWorks 2/3** Jennie Cohen
12:30-1:30	**YW Flow 2** Heather Seagraves
12:45-2:00	**YogaWorks 1** Chrissy Carter
2:15-3:30	**Vinyasa Flow 2♫** Joyce Englander
4:00-5:25	**YogaWorks 2/3** Tzahi Moskovitz
4:15-5:30	**Vinyasa Flow 2♫** David Silverberg
5:45-7:10	**YogaWorks 1/2** Sarah Bell
6:00-7:25	**YW Flow 2** Chrissy Carter
7:15-8:30	**Vinyasa Flow 2/3** Julie Marx
7:30-8:45	**YogaWorks 1** Caitlin Casella

TUESDAY

9:15-10:30	**Vinyasa Flow 2♫** Jess Trudeau
11:15-12:30	**YogaWorks 1/2** Caitlin Casella
12:30-1:30	**YogaWorks 1** Jenny Aurthur
12:45-1:45	**Vinyasa Flow 2/3♫** Anita Goa
1:40-2:40	**Prenatal** Jess Blake
2:15-3:30	**YogaWorks 2** Celine Antoine
4:30-5:45	**YogaWorks 1/2** Julie Marx
5:45-7:10	**Yoga Blend 1/2** Elizabeth Neuse
6:00-7:25	**Yoga Blend 2/3** Susan "Lip" Orem
7:15-8:30	**Vinyasa Flow 2♫** Joyce Englander
7:30-8:45	**YogaWorks 1/2** Maya Ray

WEDNESDAY

7:15-8:30	**Vinyasa Flow 2** Angela Botta
8:30-9:30	**Yoga Blend 1/2** Ashlee Willaman ★
9:15-10:30	**Vinyasa Flow 2♫** Tim Bish
10:00-11:15	**YogaWorks 2/3** Jennie Cohen
12:30-1:30	**YW Flow 2** Heather Seagraves
12:45-2:00	**YogaWorks 1** Chrissy Carter
2:15-3:30	**Vinyasa Flow 2♫** Joyce Englander
4:00-5:25	**YogaWorks 2/3** Tzahi Moskovitz
4:15-5:30	**Vinyasa Flow 2♫** David Silverberg
5:45-7:10	**YogaWorks 1/2** Sarah Bell
6:00-7:25	**YW Flow 2** Chrissy Carter
7:15-8:30	**Vinyasa Flow 2/3** Julie Marx
7:30-8:45	**YogaWorks 1** Caitlin Casella

THURSDAY

9:15-10:30	**Vinyasa Flow 2♫** Jess Trudeau
11:15-12:30	**YogaWorks 1/2** Caitlin Casella
12:30-1:30	**YogaWorks 1** Jenny Aurthur
12:45-1:45	**Vinyasa Flow 2/3♫** Anita Goa
1:40-2:40	**Prenatal** Jess Blake
2:15-3:30	**YogaWorks 2** Celine Antoine
4:30-5:45	**YogaWorks 1/2** Julie Marx
5:45-7:10	**Yoga Blend 1/2** Elizabeth Neuse
6:00-7:25	**Yoga Blend 2/3** Susan "Lip" Orem
7:15-8:30	**Vinyasa Flow 2♫** Joyce Englander
7:30-8:45	**YogaWorks 1/2** Maya Ray

FRIDAY

10:00-11:15	**YogaWorks 2/3** Jennie Cohen
12:15-1:15	**Yoga Blend 1/2** Jess Blake
12:30-1:30	**YW Flow 2** Heather Seagraves
1:35-2:35	**Restorative ♫** Dilshad Keshwani
3:00-4:30	**Yoga Blend 2/3** John Ford
4:45-6:00	**YogaWorks 1/2** Tzahi Moskovitz
5:15-6:15	**Vinyasa Flow 2** Janna Siegel
6:15-7:45	**Ishta 2** Douglass Stewart

SATURDAY

9:00-10:30	**Vinyasa Flow 2♫** Hollis Lewis
10:30-11:55	**Iyengar 1/2** Kavi Patel
10:45-12:15	**YW Flow 2/3** Chrissy Carter
12:30-1:45	**YogaWorks 1** Bethany Strauss
1:45-3:15	**Vinyasa Flow 2♫** Megan Walsh
3:30-4:45	**Vinyasa Flow 2/3** John Ford

SUNDAY

9:30-10:45	**YogaWorks 2** Caitlin Casella
11:00-12:30	**Vinyasa Flow 2/3♫** Janna Siegel
12:45-2:00	**YogaWorks 1/2** Maya Ray
3:00-3:50	**Fundamentals of Yoga** Rachelle Devore
4:00-5:15	**Yoga Blend 1/2** Kristen Engles
5:30-7:00	**Vinyasa Flow 2/3♫** David Silverberg
6:15-7:15	**Restorative** Kristen Engles

LEGEND

♫ Music
★ Complimentary class taught by a recent YogaWorks 500-hour Teacher Training Graduate

Visit yogaworks.com for substitute teachers