yogaworks

class schedule january 14 - may 12, 2013
westchester
50 south buckhout street irvington, ny 10533
914.591.9642 yogaworks.com

MONDAY

9:30-10:45 Yoga Blend 2
Carol Silverman

11:00-12:15 Iyengar 1/2
Julia Shaida

12:30-1:45 Ishta 1/2
Marianne Letizia

4:30-5:45 Yoga Blend 1/2
Allison Schubert

6:00-7:15 Ishta 2
Marjorie Rosenfield

7:30-8:45 Vinyasa Flow 2♫
Kathy Marino

TUESDAY

7:30-8:30 Yoga Blend 1/2
Siobhan Hopkins ★

9:30-10:45 Yoga Blend 2
Erica Halliwell

11:00-12:15 Gentle Yoga
Marianne Letizia

12:30-1:45 Ishta 1/2♫
Jennifer Monness

6:30-7:45 Yoga Blend 2
Freddie Wyndham

8:00-9:00 Yoga Basics
Ani Hadjian

WEDNESDAY

9:30-10:45 Yoga Blend 1/2
Carol Silverman

11:00-12:15 Iyengar 1/2
Julia Shaida

12:30-1:30 Vinyasa Flow 2/3♫
Allison Waguespack

6:00-7:15 Ishta 1/2♫
Carmela DeLuca

7:30-8:45 Vinyasa Flow 2♫
Mary-Ann Mastreani

THURSDAY

7:30-8:30 Yoga Blend 1/2
Siobhan Hopkins ★

9:30-10:45 Vinyasa Flow 2/3♫
Victoria Ramos

11:00-12:15 Yoga Blend 1/2♫
Jennifer Monness

12:30-1:45 Vinyasa Flow 2♫
Mary-Ann Mastreani

6:30-7:45 Ashtanga Prep 2
Ani Hadjian

8:00-9:00 Yoga Basics
Ani Hadjian

FRIDAY

9:30-10:45 Ishta 1
Marjorie Rosenfield

11:00-12:15 Gentle Yoga
Patty Wenig

12:30-1:45 Vinyasa Flow 2
Lisa Matkin

4:30-5:45 Yoga Blend 1/2♫
Sonya Sanmateu

6:00-7:15 Yoga Blend 2
Freddie Wyndham

SATURDAY

9:00-10:15 Ishta 1/2
Marjorie Rosenfield

10:30-11:45 Ashtanga Prep 2
Ani Hadjian

12:00-1:30 Yoga Blend 2
Freddie Wyndham

4:30-5:45 Yoga Blend 1
Darcy Bowman

SUNDAY

8:45-10:00 Vinyasa Flow 2/3♫
Victoria Ramos

10:15-11:30 Iyengar 2
Joe Cilmi

11:45-1:00 Ishta 2
Elizabeth Cooke

1:10-2:00 Fundamentals of Yoga
Allison Schubert

4:30-5:45 Ishta 1/2
Donna Boss

6:00-7:30 Restorative
Donna Boss

LEGEND

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

Visit yogaworks.com for substitute teachers