yogaworks

class schedule january 14 - may 12, 2013
costa mesa
1835 newport blvd suite a 208 costa mesa, ca 92627
949.642.7400 yogaworks.com

MONDAY

- 5:45-7:45 **Ashtanga/ Mysore 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Vinyasa Flow 2** — Toni Wilkey
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 10:30-11:45 **Yoga Blend 1** — Rachel Murray
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Lisa Schlaeger
- 12:00-1:10 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 4:30-5:55 **YogaWorks 2** — Michelle McKay
- 5:00-5:55 **SculptWorks® 1/2** — Tracy Bauer
- 6:00-7:25 **Prenatal** — Randy Allard
- 6:00-7:25 **Vinyasa Flow 2** — Toni Wilkey
- 6:00-7:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 7:30-8:55 **YogaWorks 1** — Randy Allard
- 7:30-8:55 **Yoga Blend 1/2** — Laura Dudley
- 7:30-8:55 **Kundalini 1/2** — Sotantar

TUESDAY

- 5:45-7:45 **Ashtanga/ Mysore 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Iyengar 2** — Elizabeth Markley
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Paul Da Silva
- 10:30-11:25 **Pilates Fusion 2** — Lisa Schlaeger
- 10:30-11:55 **YogaWorks 1** — Randy Allard
- 12:00-12:55 **Vinyasa Flow 2** 🌡 — Tim Senesi
- 4:30-5:55 **Vinyasa Flow 2/3** 🌡 — Suzy Gill
- 4:30-5:55 **YogaWorks 1/2** — Michelle McKay
- 5:00-5:55 **Pilates Fusion 1/2** — Lisa Schlaeger
- 6:00-6:55 **Vinyasa Flow 2/3** 🌡 — Meg Glassco
- 6:00-6:55 **SculptWorks® 1/2** — Natalie Boutte
- 6:00-7:25 **Vinyasa Flow 2** 🌡 — Tim Senesi
- 7:00-8:25 **Candle Flow 1/2** — Simon "Karta"
- 7:30-8:55 **YogaWorks 1** — Randy Allard

WEDNESDAY

- 5:45-7:45 **Ashtanga/ Mysore 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Vinyasa Flow 2** — Toni Wilkey
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 10:30-11:45 **Yoga Blend 1** — Rachel Murray
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Lisa Schlaeger
- 12:00-1:10 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 4:30-5:55 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 5:00-5:55 **SculptWorks® 1/2** — Tracy Bauer
- 6:00-6:55 **Yoga Blend 1** — Shay Haghighat
- 6:00-7:25 **Vinyasa Flow 2** — Toni Wilkey
- 6:00-7:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 7:30-8:55 **Restoratives** — Diana Markessinis
- 7:30-8:55 **Yoga Blend 1/2** — Laura Dudley

THURSDAY

- 5:45-7:45 **Ashtanga/ Mysore 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Iyengar 2** — Elizabeth Markley
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Paul Da Silva
- 10:30-11:25 **Pilates Fusion 2** — Lisa Schlaeger
- 10:30-11:55 **YogaWorks 1** — Randy Allard
- 12:00-12:55 **Vinyasa Flow 2** 🌡 — Tim Senesi
- 4:30-5:55 **Vinyasa Flow 2/3** 🌡 — Suzy Gill
- 4:30-5:55 **YogaWorks 1/2** — Michelle McKay
- 5:00-5:55 **SculptWorks® 1/2** — Lisa Schlaeger
- 6:00-6:55 **Vinyasa Flow 2/3** 🌡 — Meg Glassco
- 6:00-6:55 **Pilates Fusion 1/2** — Natalie Boutte
- 6:00-7:25 **Vinyasa Flow 2** 🌡 — Tim Senesi
- 7:00-8:25 **Candle Flow 1/2** — Simon "Karta" Ballard
- 7:30-8:55 **YogaWorks 1** — Randy Allard
- 7:30-8:55 **Kundalini 1/2** — Sotantar

FRIDAY

- 6:00-7:25 **Ashtanga/ Led 2/3** 🌡 — Jacinthe Mitchell
- 9:00-10:25 **Vinyasa Flow 2** — Toni Wilkey
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Erika Burkhalter
- 10:30-11:45 **Yoga Blend 1** — Rachel Murray
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Lisa Schlaeger
- 12:00-1:10 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 4:30-5:55 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 5:00-5:55 **Pilates Fusion 1/2** — Natalie Boutte
- 6:00-7:25 **Vinyasa Flow 2** 🌡 — Erika Burkhalter
- 6:30-7:45 **Gentle Yoga** — Diana Markessinis

SATURDAY

- 7:30-8:55 **Ashtanga/ Led 2/3** 🌡 — Debbie Berardi
- 8:00-9:25 **Vinyasa Flow 2** 🌡 — David Danon
- 9:00-10:25 **Vinyasa Flow 2** — Toni Wilkey
- 9:45-11:10 **Iyengar 1/2** — Bob Metzler
- 10:00-10:55 **Pilates Fusion 1/2** — Natalie Boutte
- 10:30-11:55 **YogaWorks 1** — Randy Allard
- 12:00-1:25 **Vinyasa Flow 2/3** 🌡 — Meg Glassco
- 4:30-5:55 **Vinyasa Flow 2** — Simon "Karta" Ballard

SUNDAY

- 7:30-9:25 **Ashtanga/ Led 2/3** 🌡 — Suzy Gill
- 9:00-10:25 **Vinyasa Flow 2** 🌡 — Rachel Murray
- 9:30-10:25 **Contemporary Pilates Mat 1** — Lisa Schlaeger
- 10:30-11:55 **Yoga Blend 1** — Brinda Hari
- 10:30-12:25 **Vinyasa Flow 3** 🌡 — Erika Burkhalter
- 4:30-5:55 **Vinyasa Flow 2** 🌡 — David Danon
- 5:15-6:40 **Iyengar 1/2** — Denise Thibault

Pilates Group Reformer Classes (1 hour)

Tuesday: 7pm
Wednesday: 6pm
Thursday: 7pm
Saturday: 9am

Additional fee required. Call to register.

LEGEND

🌡 Come prepared for room temperatures 85 degrees and above

Visit yogaworks.com for substitute teachers and holiday hours.