yogaworks

class schedule january 14 - may 12, 2013
huntington beach
301 main st suite 109 huntington beach, ca 92648
714.960.9740 yogaworks.com

MONDAY

- 9:00-10:25 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 10:30-11:55 **Yoga Blend 1/2** — Betsy Ullstrup
- 12:00-12:55 **BarWorks® 1/2*** — Natalie Boutte
- 1:30-2:55 **Yoga Blend 1** — Betsy Ullstrup
- 3:30-4:25 **Gentle Yoga** — Betsy Ullstrup
- 4:30-5:55 **Vinyasa Flow 2** — Shay Haghighat
- 6:00-6:55 **Pilates Fusion 1/2** — Natalie Boutte
- 7:30-8:55 **Yoga Blend 1/2** — Phuong Le

TUESDAY

- 5:30-6:55 **YW Cardio Flow 2** 🌡 — Suzanne Yeo
- 9:00-10:25 **YogaWorks 1/2** — Kori Strobl
- 10:30-11:55 **Yoga Blend 1** — Nichole Susi-Blair
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Katherine Slay
- 4:30-5:55 **Vinyasa Flow 2** — Simon "Karta" Ballard
- 6:00-7:25 **YogaWorks 1/2** — Kori Strobl
- 7:30-8:45 **Yoga Blend 1** — Jan Throndson

WEDNESDAY

- 5:30-6:55 **YW Cardio Flow 2** 🌡 — Suzanne Yeo
- 9:00-10:25 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 10:30-11:55 **Yoga Blend 1/2** — Betsy Ullstrup
- 12:00-12:55 **BarWorks® 1/2*** — Natalie Boutte
- 3:30-4:25 **Gentle Yoga** — Betsy Ullstrup
- 5:00-5:55 **Yoga Blend 1/2** — Jennie Jalalat
- 6:00-7:25 **Restoratives** — Betsy Ullstrup
- 7:30-8:55 **Yoga Blend 1/2** — Phuong Le

THURSDAY

- 5:30-6:55 **YW Cardio Flow 2** 🌡 — Suzanne Yeo
- 9:00-10:25 **YogaWorks 1/2** — Kori Strobl
- 10:30-11:55 **Yoga Blend 1** — Nichole Susi-Blair
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Katherine Slay
- 4:30-5:55 **Vinyasa Flow 2** — Simon "Karta" Ballard
- 6:00-7:25 **YogaWorks 1/2** — Kori Strobl
- 7:30-8:45 **Yoga Blend 1** — Jan Throndson

FRIDAY

- 5:30-6:55 **YW Cardio Flow 2** 🌡 — Suzanne Yeo
- 9:00-9:55 **Classical Pilates Mat 1/2** — Lisa Hubbard
- 10:30-11:55 **YogaWorks 1/2** — Michelle McKay
- 12:00-1:25 **Yoga Blend 1** — Christine Gibb
- 2:00-3:15 **Yoga Blend 1/2** — Graduate Teacher★
- 3:30-4:25 **Gentle Yoga** — Diane Sutton
- 4:30-5:55 **Yoga Blend 1/2** — Rebekah O'Shields

SATURDAY

- 8:00-8:55 **YogaWorks 1** — Paul Da Silva
- 9:00-10:25 **YogaWorks 1/2** — Michelle McKay
- 10:30-11:55 **Vinyasa Flow 2** 🌡 — Rona Graf
- 12:00-12:55 **Pilates Fusion 1/2** — Elizabeth Modzelewski
- 3:00-4:25 **Iyengar 1/2** — Suzanne Simon
- 4:30-5:55 **Vinyasa Flow 2/3** 🌡 — Jennie Jalalat

SUNDAY

- 7:30-8:55 **Vinyasa Flow 2** 🌡 — Suzanne Yeo
- 9:00-10:25 **Iyengar 1/2** — Suzanne Simon
- 10:30-11:55 **YW Flow 2/3** 🌡 — Michelle McKay
- 12:00-1:25 **Yoga Blend / Pranayama 1/2** — Jan Throndson
- 4:30-5:55 **Restoratives** — Diane Sutton

LEGEND

🌡 Come prepared for room temperatures 85 degrees and above
* Class does not utilize a bar at this location.
★ Complimentary class taught by recent 500-hour YogaWorks Teacher Training Graduate

Validated parking available in the garage located behind the studio, entrance on Olive or Orange Street.

Visit yogaworks.com for substitute teachers and holiday hours.