yogaworks

class schedule january 14 - may 12, 2013
laguna beach
30818 pacific coast highway laguna beach, ca 92651
949.415.0955 yogaworks.com

MONDAY

- 9:00-10:25 **Vinyasa Flow 2** Cathy Cox
- 9:30-10:25 **Yoga Blend 1/2** Katresha Moskios
- 10:30-11:55 **Vinyasa Flow 2** 🌡 Tim Senesi
- 10:30-11:55 **Yoga Blend 1/2** Jon Burras
- 12:00-12:55 **Pilates Fusion 1/2** Tracy Bauer
- 12:00-1:15 **Yoga w/ Ropes 1/2** Tim Senesi
- 4:00-4:55 **Yoga Blend 1/2** Renee Chenette
- 5:00-5:55 **Pilates Fusion 1/2** Shannon Page
- 6:00-7:25 **Restoratives/ Pranayama** Bob Metzler
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Tim Senesi
- 7:30-8:25 **Yoga Blend 1/2** Nancy Pensamiento

TUESDAY

- 6:30-7:30 **Vinyasa Flow 2** Nikki Affleck*
- 9:00-10:25 **Iyengar 1** Isabela Fortes
- 9:00-10:25 **Power Yoga 2** Geo Moskios
- 10:30-11:25 **Contemporary Pilates Mat 2** Tracy Bauer
- 10:45-12:10 **Therapeutics / Back** Savita Geuther
- 12:00-12:55 **YogaWorks 1/2** Lesley Fightmaster
- 4:30-5:55 **Iyengar 2** Isabela Fortes
- 5:00-5:55 **SculptWorks® 1/2** Tracy Bauer
- 6:00-6:55 **Vinyasa Flow 2/3** Courtney Parkyn
- 6:30-7:55 **Yoga Blend 1/2** Renee Chenette

WEDNESDAY

- 9:00-10:25 **Vinyasa Flow 2** Cathy Cox
- 9:30-10:25 **Yoga Blend 1/2** Katresha Moskios
- 10:30-11:55 **Yoga Blend 1/2** LB Iddings
- 12:00-12:55 **SculptWorks® 1/2** Drew Weir
- 4:30-5:55 **Vinyasa Flow 2/3** 🌡 Suzy Gill
- 5:00-5:55 **Pilates Fusion 1/2** Shannon Page
- 6:00-7:25 **Iyengar 1/2** Bob Metzler
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Lesley Fightmaster
- 7:30-8:25 **Yoga Blend 1/2** Nancy Pensamiento

THURSDAY

- 6:30-7:30 **Vinyasa Flow 2** Nikki Affleck*
- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 9:00-10:25 **Power Yoga 2** Geo Moskios
- 10:30-11:25 **Contemporary Pilates Mat 2** Tracy Bauer
- 10:45-12:10 **Therapeutics** Savita Geuther
- 12:00-12:55 **YogaWorks 1/2** Lesley Fightmaster
- 4:30-5:55 **Yoga w/ Ropes 1/2** Bob Metzler
- 5:00-5:55 **SculptWorks® 1/2** Tracy Bauer
- 6:00-6:55 **Vinyasa Flow 2/3** Courtney Parkyn
- 6:30-7:55 **Yoga Blend 1/2** Renee Chenette

FRIDAY

- 9:00-10:25 **Vinyasa Flow 2** Cathy Cox
- 9:30-10:25 **Yoga Blend 1/2** Katresha Moskios
- 10:30-11:55 **Vinyasa Flow 2** 🌡 Tim Senesi
- 10:30-11:55 **Yoga Blend 1/2** LB Iddings
- 12:00-12:55 **Pilates Fusion 1/2** Tracy Bauer
- 4:00-4:55 **Yoga Blend 1/2** Renee Chenette
- 4:30-5:55 **Iyengar 1/2** Bob Metzler
- 5:00-5:55 **Pilates Fusion 1/2** Shannon Page
- 6:00-7:25 **Vinyasa Flow 2/3** Lesley Fightmaster

SATURDAY

- 8:30-9:25 **SculptWorks® 1/2** Tracy Bauer
- 8:30-9:40 **Yoga Blend 1/2** Cathy Cox
- 9:30-10:25 **Power Yoga 2** Geo Moskios
- 9:45-11:10 **Vinyasa Flow 2/3** 🌡 Suzy Gill
- 10:45-12:10 **Yoga Blend 1/2** LB Iddings
- 11:30-12:55 **Vinyasa Flow 2** 🌡 Tim Senesi
- 12:30-1:55 **Yoga Blend 1** LB Iddings

SUNDAY

- 8:45-9:55 **Yoga Blend 1/2** Renee Chenette
- 9:00-10:25 **Power Yoga 2** Geo Moskios
- 10:00-11:25 **Iyengar 2** Bob Metzler
- 10:30-11:55 **Vinyasa Flow 2** 🌡 Tim Senesi
- 11:30-12:25 **Contemporary Pilates Mat 1/2** Karen Rennick
- 4:30-5:55 **Yoga Blend 1/2** Renee Chenette
- 4:30-5:55 **Therapeutics** Bella McCloud

LEGEND

🌡 Come prepared for room temperatures 85 degrees and above
* This class has a long-term sub. See front desk for exact dates.

Visit yogaworks.com for teacher substitutes and holiday hours.