

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Yoga Blend 1/2 ♪ Sonia Roberts	6:00-7:00 Yoga Blend 2 ♪ Dave Larot	6:00-7:00 Yoga Blend 1/2 ♪ Sonia Roberts	6:00-7:00 Yoga Blend 2 ♪ Dave Larot	6:00-7:00 Yoga Blend 1/2 ♪ Sonia Roberts	8:00-8:55 SculptWorks® 1/2 ♪ Ali Letsch	8:00-9:00 YW Cardio Flow 2 ♪ Melanie Salvatore-August †
8:30-9:45 Yoga Blend 1 Wes Linch	9:15-10:10 BarWorks® 1/2 ♪ Mindy Kreis	8:30-9:45 Yoga Blend 1 Wes Linch	9:15-10:10 BarWorks® 1/2 ♪ Mindy Kreis	9:00-10:00 YW Cardio Flow 2/3 ♪ Melanie Salvatore-August †	8:30-9:45 Yoga Blend 1 Wes Linch	8:15-9:10 SculptWorks®/ TRX® 1/2 ♪ Kim Aardalen
8:45-10:00 Vinyasa Flow 2/3 Tina Rath	9:15-10:30 YogaWorks 1/2 Angie Norwood	8:45-10:00 Vinyasa Flow 2/3 Tina Rath	9:15-10:30 YogaWorks 1/2 Angie Norwood	9:15-10:10 SculptWorks®/ TRX® 2 ♪ Ali Letsch	9:00-10:15 YW Flow 2 ♪ Melanie Salvatore-August †	9:30-10:30 Contemporary Pilates Mat 1 ♪ Ivy Noceto
10:15-11:40 YogaWorks 1/2 Mynx Inatsugu	9:30-10:30 YW Cardio Flow 2 ♪ Melanie Salvatore-August †	9:15-10:10 SculptWorks® 1/2 ♪ VJ Jones	9:30-10:30 YW Cardio Flow 2 ♪ Melanie Salvatore-August †	10:15-11:30 YogaWorks 1/2 ♪ Melanie Salvatore-August	10:30-11:45 YogaWorks 1/2 ♪ Melanie Salvatore-August	9:30-10:30 Fundamentals of Yoga* Suzanne Drolet/ Wes Linch
12:00-1:00 Therapeutics Angie Norwood	10:15-11:30 Yoga Blend 1 Valerie Aksoy	10:15-11:40 YogaWorks 1/2 Mynx Inatsugu	10:15-11:30 Yoga Blend 1 Valerie Aksoy	12:15-1:15 Vinyasa Flow 2/3 ♪ Jamie McMaster †	10:45-11:45 Therapeutics Angela Imhoff	10:30-11:55 YogaWorks 1/2 Mynx Inatsugu
12:15-1:15 Vinyasa Flow 2/3 ♪ Lauri Bunting †	11:00-12:00 Therapeutics Angie Norwood	12:00-1:00 Therapeutics Angie Norwood	11:00-12:00 Therapeutics Angie Norwood	12:30-1:30 Gentle Yoga Colleen Millen	11:15-12:45 Vinyasa Flow 2/3 ♪ Jamie McMaster †	12:15-1:30 Yoga Blend 1 Kate Douglas ★
1:30-2:30 Yoga Blend 1/2 ♪ Sarah Pascual	12:00-1:00 Vinyasa Flow 2 Otto Dittmer	12:15-1:15 Vinyasa Flow 2/3 ♪ Jamie McMaster †	12:00-1:00 Vinyasa Flow 2 Otto Dittmer	1:30-2:30 Yoga Blend 1/2 ♪ Mandy Jackson ★	2:00-3:30 Yoga Blend 2 Sonia Roberts	12:30-2:00 Vinyasa Flow 2/3 ♪ Laurie Bunting †
4:30-5:45 Viniyoga 1/2 Mynx Inatsugu	4:30-5:45 YogaWorks 1/2 Mynx Inatsugu	1:30-2:30 Yoga Blend 1/2 ♪ Sarah Pascual	4:30-5:45 YogaWorks 1/2 Mynx Inatsugu	5:30-6:40 Vinyasa Flow 2 ♪ Allan Jacinto	3:30-4:45 Yoga Blend 1/2 Suzanne Drolet	4:15-5:30 Yoga Blend 1/2 ♪ Dave Larot
5:00-5:55 BarWorks® 1/2 ♪ Angela Evans	6:00-6:55 SculptWorks® 1/2 ♪ Matt Ricca	4:30-5:45 Viniyoga 1/2 Mynx Inatsugu	6:00-6:55 SculptWorks® 1/2 ♪ Otto Dittmer	6:00-7:15 Forrest Yoga 1/2 Colleen Millen		4:30-5:40 Vinyasa Flow 2 ♪ Allan Jacinto
Classical Pilates Mat 1/2 Larissa Jones	6:15-7:45 YogaWorks 2 Mynx Inatsugu †	5:00-5:55 BarWorks® 1/2 ♪ Angela Evans	6:15-7:45 YogaWorks 2 Mynx Inatsugu †	6:45-8:00 Restoratives ♪ Allan Jacinto		5:45-7:00 Yin Yoga ♪ Allan Jacinto
6:00-7:25 YW Flow 2/3 ♪ Angie Norwood †	7:15-8:30 Gentle/ Restoratives Angela Imhoff	6:00-6:55 Classical Pilates Mat 1/2 Cassandra Palo	7:15-8:30 Yoga Blend 1/2 Otto Dittmer			
6:15-7:30 Yoga Blend 1/2 ♪ Sonia Roberts	7:15-8:30 Yoga Blend 1/2 Otto Dittmer	6:00-7:25 YW Flow 2/3 ♪ Angie Norwood †	8:00-9:00 Candle Flow 2/3 ♪ Ali Letsch † ★			
SculptWorks®/ TRX® 1/2 ♪ Matt Ricca	8:00-9:00 Candle Flow 2/3 ♪ Ali Letsch † ★	6:15-7:30 Yoga Blend 1/2 ♪ Sonia Roberts				
7:45-8:45 Yoga Blend 1 Valerie Aksoy		SculptWorks®/ TRX® 1/2 ♪ Ali Letsch				
7:45-9:00 Vinyasa Flow 2 Julie Conrad ★		7:45-8:45 Yoga Blend 1 Valerie Aksoy				
		7:45-9:00 Vinyasa Flow 2 Julie Conrad ★				

PILATES REFORMER CLASSES
 Class offered daily for an additional fee.
 Complete schedule available at our front desk.
 Pre-registration required.

LEGEND
 ♪ Music
 † Come prepared for room temperatures 85 degrees and above
 ★ Class is taught by a 500-hour Teacher Training Graduate
 * Teacher varies. Free to first-time students. Pre-registration recommended.
 Visit yogaworks.com for substitute teachers