yogaworks

class schedule september 16 - january 12, 2014
**walnut creek**
1131 locust street • walnut creek, ca 94596
925.478.7272 • yogaworks.com

## MONDAY

- 6:00-6:55 **TRX® 2**♫ — Matt Ricca
- 6:00-6:55 **Hatha Yoga 1/2**♫ — Sonia Roberts
- 8:30-9:40 **YogaWorks 1** — Wes Linch
- 8:45-9:55 **Vinyasa Flow 2/3** — Suzanne Drolet
- 10:00-11:25 **YogaWorks 1/2** — Mynx Inatsugu
- 12:15-1:10 **Vinyasa Flow 2/3**♫ — Lisa Danylchuk
- 1:30-2:25 **Gentle Yoga** — Kate Douglas
- 1:30-2:25 **Hatha Yoga 1/2**♫ — Mandy Jackson
- 4:30-5:40 **Viniyoga 1/2** — Mynx Inatsugu
- 5:00-5:55 **BarWorks® 1/2**♫ — Amy Kelly Holmes
- 6:00-6:55 **Pilates Mat 1/2** — Carly Millholland
- 6:00-7:25 **Vinyasa Flow 2/3**♫ 🌡 — Dave Larot
- 6:15-7:25 **Hatha Yoga 1/2**♫ — Sonia Roberts
- 7:15-8:10 **TRX® 2**♫ — Sarah Lewis
- 7:45-8:40 **Hatha Yoga 1** — Kate Douglas
- 7:45-8:55 **YogaWorks 2** — Julie Conrad

## TUESDAY

- 6:00-6:55 **Vinyasa Flow 2**♫ — Dave Larot
- 7:15-8:10 **Hatha Yoga 1** — Maura Davies★
- 9:15-10:10 **BarWorks® 1/2**♫ — Melissa Williams
- 9:15-10:25 **YogaWorks 1/2** — Lakshmi (Angie) Norwood
- 9:30-10:25 **YW Cardio Flow 2**♫ 🌡 — Melanie Salvatore-August
- 11:00-11:55 **Therapeutics** — Lakshmi (Angie) Norwood
- 12:00-12:55 **Vinyasa Flow 2/3** — Otto Dittmer
- 12:15-1:10 **Hatha Yoga 1** — Jillian Bobowicz
- 4:30-5:40 **YogaWorks 1/2** — Mynx Inatsugu
- 6:00-6:55 **SculptWorks® 1/2**♫ — Matt Ricca
- 6:00-6:55 **Fundamentals of Yoga*** — Teacher Varies
- 6:15-7:40 **YW Flow 2** 🌡 — Mynx Inatsugu
- 7:15-8:25 **Gentle Yoga** — Gretchen Zoll
- 7:15-8:25 **Hatha Yoga 1/2** — Otto Dittmer

## WEDNESDAY

- 6:00-6:55 **TRX® 2**♫ — Matt Ricca
- 6:00-6:55 **Hatha Yoga 1/2**♫ — Sonia Roberts
- 8:30-9:40 **YogaWorks 1** — Wes Linch
- 8:45-9:55 **Vinyasa Flow 2/3** — Suzanne Drolet
- 9:15-10:10 **SculptWorks® 1/2**♫ — Matt Ricca
- 10:00-11:25 **YogaWorks 1/2** — Mynx Inatsugu
- 12:15-1:10 **Vinyasa Flow 2/3**♫ 🌡 — Jamie McMaster
- 1:30-2:25 **Gentle Yoga** — Kate Douglas
- 1:30-2:25 **Hatha Yoga 1/2**♫ — Mandy Jackson
- 4:00-5:25 **YW Flow 3** — Lakshmi (Angie) Norwood
- 4:30-5:40 **Viniyoga 1/2** — Mynx Inatsugu
- 5:00-5:55 **BarWorks® 1/2**♫ — Amy Kelly Holmes
- 6:00-6:55 **Pilates Mat 1/2** — Caroline Taylor
- 6:00-7:25 **Vinyasa Flow 2/3**♫ 🌡 — Dave Larot
- 6:15-7:25 **Hatha Yoga 1/2**♫ — Sonia Roberts
- 7:15-8:10 **TRX® 2**♫ — Ali Letsch
- 7:45-8:40 **Hatha Yoga 1** — Kate Douglas
- 7:45-8:55 **YogaWorks 2** — Julie Conrad

## THURSDAY

- 6:00-6:55 **Vinyasa Flow 2**♫ — Dave Larot
- 7:15-8:10 **Hatha Yoga 1** — Kathe Oster★
- 9:15-10:10 **BarWorks® 1/2**♫ — Melissa Williams
- 9:15-10:25 **YogaWorks 1/2** — Lakshmi (Angie) Norwood
- 9:30-10:25 **YW Cardio Flow 2**♫ 🌡 — Melanie Salvatore-August
- 11:00-11:55 **Therapeutics** — Lakshmi (Angie) Norwood
- 12:00-12:55 **Vinyasa Flow 2/3** — Otto Dittmer
- 12:15-1:10 **Hatha Yoga 1** — Jillian Bobowicz
- 2:45-3:40 **Hatha Yoga 1** — Lizette Marx★
- 4:30-5:40 **YogaWorks 1/2** — Mynx Inatsugu
- 6:00-6:55 **SculptWorks® 1/2**♫ — Matt Ricca
- 6:15-7:40 **YW Flow 2** 🌡 — Mynx Inatsugu
- 7:15-8:25 **Hatha Yoga 1/2** — Otto Dittmer

## FRIDAY

- 6:00-6:55 **Hatha Yoga 1/2**♫ — Sonia Roberts
- 7:15-8:10 **Hatha Yoga 1/2** — Mary Machado★
- 9:00-9:55 **YW Cardio Flow 2/3**♫ 🌡 — Melanie Salvatore-August
- 9:15-10:10 **TRX® 2**♫ — Ali Letsch
- 10:15-11:25 **YogaWorks 1/2**♫ — Melanie Salvatore-August
- 12:15-1:10 **Vinyasa Flow 2/3**♫ 🌡 — Jamie McMaster
- 12:30-1:25 **Gentle Yoga** — Colleen Millen
- 1:30-2:25 **Hatha Yoga 1/2**♫ — Mandy Jackson
- 5:30-6:40 **Vinyasa Flow 2**♫ — Allan Jacinto
- 6:00-7:15 **Hatha Yoga 1/2** — Colleen Millen
- 6:45-7:55 **Restoratives**♫ — Allan Jacinto

## SATURDAY

- 8:00-8:55 **SculptWorks® 1/2**♫ — Ali Letsch
- 8:30-9:40 **YogaWorks 1** — Wes Linch
- 9:00-10:10 **YW Flow 2**♫ 🌡 — Melanie Salvatore-August
- 10:30-11:40 **YogaWorks 1/2**♫ — Melanie Salvatore-August
- 10:45-11:40 **Gentle Yoga** — Jillian Bobowicz
- 11:15-12:40 **Vinyasa Flow 2/3**♫ 🌡 — Jamie McMaster
- 2:00-3:25 **Hatha Yoga 2** — Suzanne Drolet
- 3:45-4:40 **Hatha Yoga 1** — Suzanne Drolet

## SUNDAY

- 8:00-8:55 **YW Cardio Flow 2**♫ 🌡 — Julie Conrad
- 8:15-9:10 **TRX® 1/2**♫ — Kim Aardalen
- 9:30-10:25 **Pilates Mat 1**♫ — Ivy Noceto
- 10:30-11:55 **YogaWorks 1/2** — Mynx Inatsugu
- 12:15-1:25 **Hatha Yoga 1** — Kate Douglas
- 12:30-1:55 **Vinyasa Flow 2/3**♫ — Erin Cookston
- 2:15-3:40 **Gentle Yoga** — Lisa Pitts★
- 4:15-5:25 **Hatha Yoga 1/2**♫ — Dave Larot
- 4:30-5:40 **Vinyasa Flow 2**♫ — Allan Jacinto
- 5:45-6:55 **Yin Yoga**♫ — Allan Jacinto

### PILATES REFORMER CLASSES

Classes offered daily for an additional fee.
Complete schedule available at our front desk.
Pre-registration required.

### LEGEND

- * Every Tuesday starting 10/15. Before that date, Saturdays at noon (9/21, 9/28, 10/5, 10/12). Class size limited, pre-registration required. First time students given priority. Call studio for details.
- ♫ Led by music
- 🌡 Room temperatures 85 degrees and above.
- ★ Class taught by a recent YogaWorks 500 hour Teacher Training Graduate.

Visit yogaworks.com or download our mobile app for substitute teachers and holiday hours.