yogaworks

class schedule september 16 - january 12 , 2014
union square
138 fifth avenue, 4th floor (btwn 18th & 19th streets)
212.647.9642 • yogaworks.com

MONDAY

7:30-8:30	**Vinyasa Flow 2** Angela Botta
10:00-11:15	**Vinyasa Flow 2** Sangeeta Vallabhan
12:30-1:30	**YW Flow 2** Heather Seagraves
12:45-2:00	**YogaWorks 1** Chrissy Carter
2:15-3:30	**Vinyasa Flow 2♫** Holly Ramey
4:30-5:30	**Pilates Mat 1/2** Lizzy Mulkey
5:00-6:00	**Vinyasa Flow 2♫** David Silverberg
6:00-7:10	**YogaWorks 1/2** Sarah Bell
6:15-7:30	**YW Flow 2** Chrissy Carter
7:15-8:30	**Vinyasa Flow 2/3** Julie Marx
7:35-8:35	**YogaWorks 1** Jenny Aurthur

TUESDAY

9:30-10:30	**YW Cardio Flow 2♫** Yuval Samburski
10:00-11:15	**YogaWorks 1/2** Caitlin Casella
12:15-1:15	**YogaWorks 1/2** Libby Tonorezos-Garnett
12:45-1:45	**Vinyasa Flow 2/3♫** Anita Goa
4:45-5:45	**YogaWorks 1/2** Julie Marx
5:45-7:10	**Hatha Yoga 1/2** Elizabeth Neuse Flint
6:00-7:15	**Hatha Yoga 2/3** Susan "Lip" Orem
7:15-8:30	**YogaWorks 1/2** Maya Ray
7:30-8:30	**Vinyasa Flow 2♫** Jess Blake

WEDNESDAY

7:30-8:30	**Vinyasa Flow 2** Angela Botta
8:30-9:30	**Hatha Yoga 1/2** Jess Goldberg ★
10:00-11:15	**Vinyasa Flow 2** Sangeeta Vallabhan
12:30-1:30	**YW Flow 2** Heather Seagraves
12:45-2:00	**YogaWorks 1** Chrissy Carter
2:15-3:30	**Vinyasa Flow 2♫** Holly Ramey
4:30-5:30	**Pilates Mat 1/2** Lizzy Mulkey
5:00-6:00	**Vinyasa Flow 2♫** David Silverberg
6:00-7:10	**YogaWorks 1/2** Sarah Bell
6:15-7:30	**YW Flow 2** Chrissy Carter
7:15-8:30	**Vinyasa Flow 2/3** Julie Marx
7:35-8:35	**YogaWorks 1** Jenny Aurthur

THURSDAY

9:30-10:30	**YW Cardio Flow 2♫** Yuval Samburski
10:00-11:15	**YogaWorks 1/2** Caitlin Casella
12:15-1:15	**YogaWorks 1/2** Libby Tonorezos-Garnett
12:45-1:45	**Vinyasa Flow 2/3♫** Anita Goa
4:45-5:45	**YogaWorks 1/2** Julie Marx
5:45-7:10	**Hatha Yoga 1/2** Elizabeth Neuse Flint
6:00-7:15	**Hatha Yoga 2/3** Susan "Lip" Orem
7:15-8:30	**YogaWorks 1/2** Maya Ray
7:30-8:30	**Vinyasa Flow 2♫** Jess Blake

FRIDAY

10:00-11:15	**Vinyasa Flow 2** Aarona Pichinson
12:15-1:15	**Hatha Yoga 1/2** Jess Blake
12:30-1:30	**YW Flow 2** Heather Seagraves
1:35-2:35	**Restoratives** Elizabeth Neuse Flint
3:00-4:30	**Hatha Yoga 2/3** John Ford
4:45-5:45	**Pilates Mat 1/2** Keisa Parrish
5:15-6:15	**Vinyasa Flow 2** Janna Siegel
6:15-7:45	**Hatha Yoga 2** Douglass Stewart

SATURDAY

9:00-10:30	**Vinyasa Flow 2♫** Hollis Lewis
9:00-10:30	**Vinyasa Flow 2♫** Jillene Johnson
10:30-11:30	**Pilates Mat 1/2** TBA
10:45-12:15	**YW Flow 2/3** Chrissy Carter
12:30-1:45	**YogaWorks 1** Bethany Strauss
1:45-3:15	**Vinyasa Flow 2♫** Megan Walsh
3:30-4:45	**Vinyasa Flow 2/3** John Ford

SUNDAY

9:30-10:45	**YogaWorks 2** Caitlin Casella
11:00-12:30	**Vinyasa Flow 2/3♫** Janna Siegel
12:45-2:00	**YogaWorks 1/2** Maya Ray
3:00-3:50	**Fundamentals of Yoga*** Rachelle Devore
4:00-5:15	**Hatha Yoga 1/2** Kristen Engles
5:30-7:00	**Vinyasa Flow 2/3♫** David Silverberg
6:15-7:15	**Restoratives** Kristen Engles

LEGEND

- * Class size limited, pre-registration required. First time students given priority. Call studio for details.
- ♫ Led by music
- ★ Class taught by a recent YogaWorks 500 hour Teacher Training Graduate.

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