yogaworks®

class schedule september 16 - january 12, 2014
mission viejo
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MONDAY

- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 9:00-10:25 **Hatha Yoga 1** Brinda Hari
- 10:30-11:55 **Gentle Yoga** Elizabeth Sharp
- 10:30-11:55 **Hatha Yoga 1/2** Renee Chenette
- 12:00-12:55 **Pilates Mat 2** Janet Mancinelli
- 4:30-5:55 **Hatha Yoga 1/2** Diane Sutton
- 5:00-5:55 **Pilates Mat 1/2** Robin Toavs
- 6:00-6:55 **Yin Yoga 1** Linda Trumpfheller
- 6:00-6:55 **Vinyasa Flow 2** Jacinthe Mitchell
- 7:00-7:55 **Hatha Yoga 1** Megan McCarver

TUESDAY

- 9:00-9:55 **Vinyasa Flow 2** Tracy Bauer
- 9:00-10:25 **Hatha Yoga 1** LB Iddings
- 10:30-11:40 **YogaWorks 1/2** Rachel Murray
- 10:45-11:40 **BarWorks® 1/2** Robin Toavs
- 12:00-12:55 **YW Flow 2** Jessica Seabern
- 12:00-12:55 **Pilates Mat 1/2** Janet Mancinelli
- 3:30-4:55 **Therapeutics** Savita Geuther
- 5:00-5:55 **SculptWorks® 1/2** Delyer Anderson
- 6:00-7:25 **Gentle Yoga** Savita Geuther
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Jacinthe Mitchell
- 7:30-8:55 **Hatha Yoga 1/2** Melanie Faught

WEDNESDAY

- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 9:00-10:25 **Hatha Yoga 1** Brinda Hari
- 10:30-11:55 **Gentle Yoga** Elizabeth Sharp
- 10:30-11:55 **Hatha Yoga 1/2** Renee Chenette
- 12:00-12:55 **BarWorks® 1/2** Robin Toavs
- 4:30-5:55 **Hatha Yoga 1/2** LB Iddings
- 5:00-5:55 **Pilates Mat 1/2** Janet Mancinelli
- 6:00-6:55 **Vinyasa Flow 2** Elizabeth Sharp
- 6:00-7:25 **Gentle Yoga** Janet Rice
- 7:00-7:55 **Hatha Yoga 1** Megan McCarver
- 7:30-8:25 **Prenatal** Linda Trumpfheller

THURSDAY

- 9:00-9:55 **Vinyasa Flow 2** Tracy Bauer
- 9:00-10:25 **Hatha Yoga 1** LB Iddings
- 10:30-11:40 **YogaWorks 1/2** Rachel Murray
- 10:45-11:40 **BarWorks® 1/2** Robin Toavs
- 12:00-12:55 **YW Flow 2** Jessica Seabern
- 12:00-12:55 **Pilates Mat 1/2** Janet Mancinelli
- 3:30-4:55 **Therapeutics** Savita Geuther
- 5:00-5:55 **SculptWorks® 1/2** Delyer Anderson
- 6:00-7:25 **Gentle Yoga** Savita Geuther
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Jacinthe Mitchell
- 7:30-8:55 **Hatha Yoga 1/2** Melanie Faught

FRIDAY

- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 10:15-11:40 **Therapeutics** Savita Geuther
- 10:30-11:55 **Hatha Yoga 1/2** Elizabeth Sharp
- 12:00-12:55 **Pilates Mat 1/2** Janet Mancinelli
- 12:00-1:10 **YW Flow 2/3** 🌡 Jessica Seabern
- 4:00-4:55 **Meditation** Savita Geuther
- 5:00-5:55 **SculptWorks® 1/2** Josh Plotkin
- 6:00-6:55 **Yin Yoga 1** Linda Trumpfheller

SATURDAY

- 8:00-8:55 **Pilates Mat 2** Robin Toavs
- 8:00-9:25 **Gentle Yoga** Linda Trumpfheller
- 9:00-10:10 **Hatha Yoga 1/2** LB Iddings
- 9:30-10:55 **Vinyasa Flow 2** Emily Strombotne
- 11:00-11:55 **Hatha Yoga 1** Megan McCarver
- 12:30-1:55 **Iyengar 1/2** Bob Metzler

SUNDAY

- 9:00-9:55 **Vinyasa Flow 2/3** 🌡 Jacinthe Mitchell
- 9:00-9:55 **SculptWorks® 1/2** Josh Plotkin
- 10:00-11:25 **Vinyasa Flow 2** Jon Burras
- 11:45-1:10 **Hatha Yoga 1** Jon Burras
- 4:00-4:55 **Hatha Yoga 1/2** Melanie Faught
- 5:00-5:55 **Restoratives** Melanie Faught

LEGEND

🌡 Room temperatures 85 degrees and above.

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