





















































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55 YW Flow 2  Kerrie Cason	6:00-6:55 Vinyasa Flow 2  George Kosmitis	6:00-6:55 YW Flow 2  Kerrie Cason	6:00-6:55 Vinyasa Flow 2  George Kosmitis	6:30-7:55 Ashtanga/Led* Karla Balani	8:00-8:55 BarWorks® 1/2  Monica Lawson	8:00-8:55 TRX® 2  Katina Calvin
7:30-8:25 BarWorks® 1/2  Juliet Guisasola	6:15-7:10 SculptWorks® 1/2  Aj Foley	7:30-8:25 BarWorks® 1/2  Juliet Guisasola	6:15-7:10 SculptWorks® 1/2  Aj Foley	7:30-8:25 BarWorks® 1/2  Juliet Guisasola	9:00-10:10 Vinyasa Flow 2  George Kosmitis	8:30-9:55 Ashtanga/Led* Maria Zavala
9:00-10:10 YW Flow 2  Ashley Nelson	7:45-8:40 Pilates Mat 1/2 Kinga Night	9:00-10:10 YW Flow 2  Ashley Nelson	7:45-8:40 Pilates Mat 1/2 Kinga Night	9:00-10:10 YW Flow 2  Ashley Rideaux	10:00-11:10 YogaWorks 1 Jenny Lantz	9:30-10:40 YogaWorks 1/2 Hayleigh Zachary
9:30-10:40 YogaWorks 1/2 Nona Chiang	9:00-10:25 Vinyasa Flow 2  Maria Zavala	9:30-10:40 YogaWorks 1/2 Nona Chiang	9:00-10:25 Vinyasa Flow 2  Maria Zavala	9:30-10:40 YogaWorks 1/2 Nona Chiang	10:30-11:40 Iyengar 1/2 Dora Hasenbein	10:15-11:25 Vinyasa Flow 2  Janice Chiou
10:30-11:25 SculptWorks® 1/2  Micki Duran	9:30-10:25 YogaWorks 1/2  David Lynch	10:30-11:25 SculptWorks® 1/2  Micki Duran	9:30-10:25 YogaWorks 1/2  David Lynch	10:30-11:25 SculptWorks® 1/2  Micki Duran	12:00-12:55 TRX® 2  Micki Duran	11:00-11:55 Pilates Mat 1/2 Kinga Night
12:00-12:55 Vinyasa Flow 2  George Kosmitis	10:30-11:40 YogaWorks 1 Dani Ibarra	12:00-12:55 Vinyasa Flow 2  George Kosmitis	10:30-11:40 YogaWorks 1 Dani Ibarra	12:00-12:55 Vinyasa Flow 2  George Kosmitis	12:15-1:40 Vinyasa Flow 2/3  Erin Grossman	11:45-12:40 YW Cardio Flow 2  Micki Duran
12:15-1:10 YogaWorks 1 Hayleigh Zachary	11:00-11:55 Kundalini 1/2 Lauren Maher	12:15-1:10 YogaWorks 1 Hayleigh Zachary	11:00-11:55 Kundalini 1/2 Lauren Maher	12:15-1:10 YogaWorks 1 Hayleigh Zachary	2:15-3:25 Gentle Yoga Lauren Maher	12:15-1:40 Iyengar 1/2 Allen Mulch
1:30-2:40 Gentle Yoga Lauren Maher	12:05-1:00 TRX® 2  Demian Boergadine	4:45-5:55 Iyengar 1/2 Allen Mulch	12:05-1:00 TRX® 2  Demian Boergadine	1:30-2:40 Gentle Yoga Lauren Maher	4:00-5:10 YogaWorks 1/2 Sara Feuhrer	3:00-4:10 YogaWorks 1/2 Sonya Perry
4:45-5:55 Iyengar 1/2 Allen Mulch	12:15-1:25 YW Flow 2 Carmen Fitzgibbon	5:00-5:55 Pilates Mat 1/2 Kinga Night	12:15-1:25 YW Flow 2 Carmen Fitzgibbon	4:45-5:55 Iyengar 1/2 Marta Jasberg		4:30-5:55 Vinyasa Flow 2/3  Erin Grossman
5:00-5:55 Pilates Mat 1/2 Anastasia Baratta	4:30-5:40 YogaWorks 1/2  Ashley Rideaux	6:00-7:25 Vinyasa Flow 2  Sonya Perry	4:30-5:40 YogaWorks 1/2  Ashley Rideaux	5:00-5:55 Pilates Mat 1/2 Anastasia Baratta		6:00-6:55 YW Meditation Hayleigh Zachary
6:00-7:25 Vinyasa Flow 2  Sonya Perry	5:00-5:55 BarWorks® 1/2  Katina Calvin	6:15-7:10 DanceWorks® 1/2  Demian Boergadine	5:00-5:55 BarWorks® 1/2  Katina Calvin	6:15-7:10 TRX® 2  Demian Boergadine		
6:15-7:10 TRX® 2  Demian Boergadine	6:00-7:25 Vinyasa Flow 2/3  Jeanne Heileman	7:30-8:40 YogaWorks 1/2 Sara Feuhrer	6:00-7:25 Vinyasa Flow 2/3  Jeanne Heileman	6:15-7:25 Vinyasa Flow 2  Erin Grossman		
7:30-8:40 YogaWorks 1/2 Sara Feuhrer	6:15-7:25 Iyengar 1 Marta Jasberg	8:00-8:55 Vinyasa Flow 2/3  Ashley Rideaux	6:15-7:25 Iyengar 1 Marta Jasberg			
8:00-8:55 Vinyasa Flow 2/3  Ashley Rideaux	7:45-8:55 Restoratives  Sonya Perry		7:45-8:55 Restoratives  Sonya Perry			
	8:00-8:55 YW Cardio Flow 2  Micki Duran		8:00-8:55 YW Cardio Flow 2  Micki Duran			

LEGEND

Ashtanga classes do not meet on new and full moon : 2/14, 2/28, 3/16, 3/30

 Led by music

 Room temperatures 85 degrees and above.

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