yogaworks

class schedule september 16 - january 12, 2014
south bay
740 allied way • el segundo, ca 90245
310.322.6500 • yogaworks.com

MONDAY

6:00-8:00	**Ashtanga/Mysore*** Natale Ferreira
6:30-7:30	**Vinyasa Flow 2** Anne Van Valkenburg
7:45-9:00	**Hatha Yoga 1♫** Veronica Wolkow
8:30-9:45	**Vinyasa Flow 2/3♫** Genevieve Pujalet
9:30-10:50	**YogaWorks 2♫** Jorge Luna
10:00-11:20	**Restoratives** Jennifer Edwards
11:00-12:25	**Kundalini 1/2♫** Aimée Donahue
11:30-12:55	**Prenatal♫** Patricia Grube
12:15-1:15	**SculptWorks® 2/3♫** Jorge Luna
12:45-1:45	**Vinyasa Flow 2/3♫** Angela Kukhahn
2:05-3:15	**Baby & Me** (6 wks pre-walkers) Patricia Grube
4:30-5:55	**YogaWorks 1/2** Greville Henwood
5:00-5:55	**YW Cardio Flow 2♫** Shelley Williams
5:00-5:55	**BarWorks® 1/2♫** Roxanne Captor
6:00-7:00	**BarWorks® 2♫** Chappell Westlake
6:15-7:30	**Vinyasa Flow 2/3♫** Marla Wedge
6:15-7:40	**Iyengar 1/2** Koren Paalman
7:35-8:55	**Vinyasa Flow 2♫🕯** John Neidlinger
7:45-9:05	**Gentle Yoga** Casey Coda
7:45-9:15	**YogaWorks 1/2♫** Rachael Simmons

TUESDAY

6:00-8:00	**Ashtanga/Mysore*** Natale Ferreira
6:15-7:25	**Hatha Yoga 1/2** Yvette Hamaya
8:30-9:45	**YogaWorks 2/3♫** David Kim
9:15-10:15	**BarWorks® 2♫** Chappell Westlake
10:00-11:30	**Vinyasa Flow 2♫** Shelley Williams
10:30-12:00	**Iyengar 2** Jennifer Edwards
11:00-12:20	**Kundalini 1♫** Pete Lee
12:00-1:00	**YogaWorks 1/2♫** Romy Phillips
12:30-1:25	**Pilates Mat 1/2♫** Alisa Wyatt
12:30-1:30	**Vinyasa Flow 2/3♫** Thomas Taubman
1:30-2:30	**TRX® 2♫** Rachel Ross
2:30-3:55	**Gentle Yoga** Amy Rose Stabley
4:30-5:25	**BarWorks® 1/2♫** Sarah Kovar
4:30-5:30	**Hatha Yoga 1♫** Veronica Wolkow
4:45-6:00	**Vinyasa Flow 2/3** Jorge Luna
5:30-6:30	**DanceWorks® 1♫** Christine Engelfried
6:00-7:25	**Vinyasa Flow 2♫** David Lynch
6:10-7:40	**YogaWorks 1/2** Anne Van Valkenburg
6:45-7:40	**SculptWorks® 2/3♫** Rachel Ross
7:35-8:50	**YogaWorks 1/2♫** Romy Phillips
7:45-9:15	**Yin Yoga 1♫** Doug Binzak

WEDNESDAY

6:00-8:00	**Ashtanga/Mysore*** Natale Ferreira
6:30-7:25	**TRX® 2♫** Maeve McCaffrey
6:30-7:30	**Vinyasa Flow 2** Anne Van Valkenburg
7:45-9:00	**Hatha Yoga 1♫** Veronica Wolkow
8:30-9:45	**Vinyasa Flow 2/3♫** Genevieve Pujalet
9:30-10:50	**YogaWorks 2♫** Jorge Luna
10:00-11:20	**Restoratives** Jennifer Edwards
11:00-12:25	**Kundalini 1/2♫** Aimée Donahue
11:30-12:55	**Pre/Postnatal♫** Amy Rose Stabley
12:15-1:15	**SculptWorks® 2/3♫** Jorge Luna
12:45-1:45	**Vinyasa Flow 2/3♫** Angela Kukhahn
1:30-2:30	**Hatha Yoga 1/2** Casey VanZandt/ Gloria Rodriguez-Gil★
4:30-5:55	**YogaWorks 1/2** Greville Henwood
5:00-5:55	**YW Cardio Flow 2♫** Shelley Williams
5:00-5:55	**BarWorks® 1/2♫** Roxanne Captor
6:00-7:00	**BarWorks® 2♫** Chappell Westlake
6:15-7:30	**Vinyasa Flow 2/3♫** Marla Wedge
6:15-7:40	**Iyengar 1/2** Koren Paalman
7:35-8:55	**Vinyasa Flow 2♫🕯** John Neidlinger
7:45-9:05	**Gentle Yoga** Casey Coda
7:45-9:15	**YogaWorks 1/2♫** Rachael Simmons

THURSDAY

6:00-8:00	**Ashtanga/Mysore*** Natale Ferreira
6:15-7:25	**Hatha Yoga 1/2** Yvette Hamaya
8:30-9:45	**YogaWorks 2/3♫** David Kim
9:15-10:15	**BarWorks® 2♫** Chappell Westlake
10:00-11:30	**Vinyasa Flow 2♫** Shelley Williams
10:30-12:00	**Iyengar 2** Jennifer Edwards
11:00-12:20	**Kundalini 1♫** Pete Lee
12:00-1:00	**YogaWorks 1/2♫** Romy Phillips
12:30-1:25	**Pilates Mat 1/2♫** Monica Schuller
12:30-1:30	**Vinyasa Flow 2/3♫** Thomas Taubman
1:30-2:30	**TRX® 2♫** Rachel Ross
2:30-3:55	**Gentle Yoga** Amy Rose Stabley
4:30-5:25	**BarWorks® 1/2♫** Sarah Kovar
4:30-5:30	**Hatha Yoga 1♫** Veronica Wolkow
4:45-6:00	**Vinyasa Flow 2/3** Jorge Luna
5:30-6:30	**DanceWorks® 1♫** Christine Engelfried
6:00-7:25	**Vinyasa Flow 2♫** David Lynch
6:10-7:40	**YogaWorks 1/2** Anne Van Valkenburg
6:45-7:40	**SculptWorks® 2/3♫** Chappell Westlake
7:35-8:50	**YogaWorks 1/2♫** Romy Phillips
7:45-9:15	**Yin Yoga 1♫** Doug Binzak

FRIDAY

6:30-8:00	**Ashtanga/Led** Natale Ferreira
6:30-7:25	**TRX® 2♫** Maeve McCaffrey
6:30-7:30	**Vinyasa Flow 2** Anne Van Valkenburg
7:45-9:00	**Hatha Yoga 1♫** Veronica Wolkow
8:30-9:45	**Vinyasa Flow 2/3♫** Genevieve Pujalet
9:30-10:50	**YogaWorks 2♫** Jorge Luna
11:00-12:25	**Kundalini 1/2♫** Aimée Donahue
11:30-12:55	**Prenatal♫** Patricia Grube
12:15-1:15	**SculptWorks® 2/3♫** Jorge Luna
12:45-2:00	**Vinyasa Flow 2/3♫** Angela Kukhahn
1:30-2:30	**Hatha Yoga 1/2** Katie Officer★
4:30-5:55	**YogaWorks 1/2** Greville Henwood
6:00-7:00	**BarWorks® 1/2♫** Petra Polinkova
6:00-7:30	**Vinyasa Flow 2/3♫** Bianca McClellan-Fearon
6:15-7:40	**Iyengar 1/2** Koren Paalman
7:45-9:00	**Restoratives** Lee Wolfort

SATURDAY

7:30-8:50	**YogaWorks 1** Kim Haegele
8:00-8:55	**SculptWorks® 1/2♫** Maeve McCaffrey
8:45-10:00	**Hatha Yoga 1/2** Jorge Luna
9:00-9:55	**TRX® 2/3♫** Maeve McCaffrey
9:00-10:25	**Vinyasa Flow 2/3♫** Marla Wedge
10:00-10:55	**DanceWorks® 1♫** Lennon Hobson
10:30-11:55	**YogaWorks 2** Casey Coda
10:45-12:15	**Vinyasa Flow 2/3♫** Sean Gray
11:00-11:55	**Pilates Mat 2♫** Monica Schuller
12:15-1:15	**BarWorks® 1/2♫** Monica Schuller
12:30-1:30	**Hatha Yoga 1** Amy Rose Stabley
12:30-1:45	**Kundalini 1/2♫** Pete Lee
1:45-2:45	**Fundamentals of Yoga*** ** Teacher Varies
4:00-5:25	**Iyengar 1** Jennifer Edwards
5:15-6:45	**Hatha Yoga 1/2♫** Szymon Wojcik

SUNDAY

7:30-8:50	**YogaWorks 1** Kim Haegele
8:30-10:00	**Vinyasa Flow 2/3♫** Susie Frank
9:00-10:00	**Family Yoga**** Veronica Wolkow
9:00-10:25	**Hatha Yoga 1/2** Bebe Chianni Lin
10:15-11:15	**SculptWorks® 1/2♫** Chappell Westlake
10:15-11:45	**YogaWorks 2♫** David Kim
10:45-12:00	**Vinyasa Flow 2/3♫** John Neidlinger
11:30-12:30	**BarWorks® 1/2♫** Chappell Westlake
1:30-2:30	**Pilates Mat 1/2♫** Monica Schuller
2:30-3:50	**Gentle Yoga** Amy Rose Stabley
4:00-5:25	**Iyengar 1/2** Jennifer Edwards
5:15-6:45	**Hatha Yoga 1/2♫** Szymon Wojcik
5:30-6:55	**Vinyasa Flow 2/3♫** Angela Kukhahn

LEGEND

- * Ashtanga classes do not meet on new and full moon days: 9/19, 10/4, 10/18, 12/2, 12/17
- ** Family Yoga is held every other Sunday of the month.
- *** Class size limited, pre-registration required. First time students given priority. Call studio for details.
- ♫ Led by music
- ★ Class taught by recent 500 Hour YogaWorks Teacher Training Graduate.
- 🕯 Led by candlelight

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