yogaworks

class schedule january 13 - may 11, 2014
costa mesa
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MONDAY

5:45-7:45	**Ashtanga/ Mysore 2/3 🌡 *** Debbie Berardi
9:00-10:25	**Vinyasa Flow 2** Toni Wilkey
9:00-10:25	**Vinyasa Flow 2/3 🌡** Erika Burkhalter
10:30-11:25	**BarWorks® 1/2** Tiffany Briggs
10:30-11:40	**YogaWorks 1** Rachel Murray
12:00-12:55	**Pilates Mat 1/2** Lisa Schlaeger
12:00-1:10	**Vinyasa Flow 2 🌡** Paul Da Silva
3:30-4:25	**Hatha Yoga 1/2** Carrie Cowan★
4:30-5:55	**Yin & Yang 2** Suzy Gill
4:30-5:55	**YogaWorks 2** Michelle McKay
5:00-5:55	**SculptWorks® 1/2** Josh Plotkin
6:00-7:25	**Prenatal** Randy Allard
6:00-7:25	**Vinyasa Flow 2** Toni Wilkey
6:00-7:25	**Vinyasa Flow 2/3 🌡** Erika Burkhalter
7:30-8:40	**YogaWorks 1** Randy Allard
7:30-8:55	**YogaWorks 1/2** Laura Dudley
7:30-8:55	**Kundalini 1/2** Sotantar

TUESDAY

5:45-7:45	**Ashtanga/ Mysore 2/3 🌡 *** Lindy Nomura-Ker
9:00-10:25	**Iyengar 2** Elizabeth Markley
9:00-10:25	**Vinyasa Flow 2/3 🌡** Paul Da Silva
10:30-11:25	**Pilates Mat 2** Lisa Schlaeger
10:30-11:55	**YogaWorks 1** Randy Allard
12:00-12:55	**Vinyasa Flow 2 🌡** Tim Senesi
12:00-12:55	**Hatha Yoga 1/2** Nicolette David
4:30-5:55	**Vinyasa Flow 2 🌡** David Danon
5:00-5:55	**YogaWorks 1/2** Michelle McKay
5:00-5:55	**Pilates Mat 1/2** Lisa Schlaeger
6:00-6:55	**BarWorks® 1/2** Tiffany Briggs
6:00-7:25	**Vinyasa Flow 2 🌡** Tim Senesi
7:00-8:25	**Yin & Yang 1/2** Simon "Karta" Ballard
7:30-8:40	**YogaWorks 1** Randy Allard

WEDNESDAY

5:45-7:45	**Ashtanga/ Mysore 2/3 🌡 *** Lindy Nomura-Ker
9:00-10:25	**Vinyasa Flow 2** Toni Wilkey
9:00-10:25	**Vinyasa Flow 2/3 🌡** Erika Burkhalter
10:30-11:25	**BarWorks® 1/2** Tiffany Briggs
10:30-11:40	**YogaWorks 1** Rachel Murray
12:00-12:55	**Pilates Mat 1/2** Lisa Schlaeger
12:00-1:10	**Vinyasa Flow 2 🌡** Paul Da Silva
3:30-4:25	**Hatha Yoga 1/2** Emily Strombotne★
4:30-5:55	**Yin & Yang 2** Suzy Gill
4:30-5:55	**Vinyasa Flow 2 🌡** Paul Da Silva
5:00-5:55	**SculptWorks® 1/2** Maria Mashon
6:00-6:55	**Hatha Yoga 1** Shay Haghighat
6:00-7:25	**Vinyasa Flow 2** Toni Wilkey
6:00-7:25	**Vinyasa Flow 2/3 🌡** Erika Burkhalter
7:30-8:55	**Restoratives** Diane Sutton
7:30-8:55	**YogaWorks 1/2** Laura Dudley

THURSDAY

5:45-7:45	**Ashtanga/ Mysore 2/3 🌡 *** Jacinthe Mitchell
9:00-10:25	**Iyengar 2** Elizabeth Markley
9:00-10:25	**Vinyasa Flow 2/3 🌡** Paul Da Silva
10:30-11:25	**Pilates Mat 2** Lisa Schlaeger
10:30-11:55	**YogaWorks 1** Randy Allard
12:00-12:55	**Vinyasa Flow 2 🌡** Tim Senesi
12:00-12:55	**Hatha Yoga 1/2** Randy Allard
4:30-5:55	**Vinyasa Flow 2 🌡** David Danon
5:00-5:55	**YogaWorks 1/2** Michelle McKay
5:00-5:55	**Pilates Mat 1/2** Lisa Schlaeger
6:00-6:55	**BarWorks® 1/2** Tiffany Briggs
6:00-7:25	**Vinyasa Flow 2 🌡** Tim Senesi
7:00-8:25	**Yin & Yang 1/2** Simon "Karta" Ballard
7:30-8:40	**YogaWorks 1** Randy Allard
7:30-8:55	**Kundalini 1/2** Sotantar

FRIDAY

5:45-7:45	**Ashtanga/ Mysore 2/3 🌡 *** Lindy Nomura-Ker
9:00-10:25	**Vinyasa Flow 2** Toni Wilkey
9:00-10:25	**Vinyasa Flow 2/3 🌡** Erika Burkhalter
10:30-11:40	**YogaWorks 1** Rachel Murray
12:00-12:55	**Pilates Mat 1/2** Lisa Schlaeger
12:00-1:10	**Vinyasa Flow 2 🌡** Paul Da Silva
3:30-4:25	**Hatha Yoga 1/2** Chrissy Roletter★
4:30-5:55	**Vinyasa Flow 2 🌡** Paul Da Silva
5:00-5:55	**Pilates Mat 1/2** Maria Mashon
6:00-7:25	**Vinyasa Flow 2 🌡** Erika Burkhalter
6:30-7:40	**Restoratives** Diane Sutton

SATURDAY

8:00-9:25	**Vinyasa Flow 2 🌡** David Danon
9:00-10:25	**Vinyasa Flow 2** Toni Wilkey
9:45-11:10	**Iyengar 1/2** Bob Metzler
10:00-10:55	**Pilates Mat 1/2** Elizabeth Modzelewski
10:30-11:55	**YogaWorks 1** Randy Allard
11:00-12:25	**Vinyasa Flow 2/3 🌡** Michelle McKay
12:00-12:55	**Fundamentals of Yoga**** Randy Allard
4:30-5:55	**Vinyasa Flow 2** Simon "Karta" Ballard

SUNDAY

7:45-9:10	**Vinyasa Flow 2/3 🌡** Stacey Smith
9:00-10:25	**Vinyasa Flow 2 🌡** Rachel Murray
9:30-10:25	**Pilates Mat 1** Lisa Schlaeger
10:30-11:55	**YogaWorks 1** Jennie Jalalat
10:30-12:25	**Vinyasa Flow 3 🌡** Erika Burkhalter
4:30-5:55	**Vinyasa Flow 2 🌡** David Danon
5:15-6:40	**Iyengar 1/2** Denise Thibault

Pilates Reformer Schedule

Monday: 12pm
Tuesday: 5pm
Wednesday: 12pm
Thursday: 5pm

LEGEND

* Ashtanga classes do not meet on new and full moon: 1/15, 1/30, 2/14, 2/28,4/15, 4/28
** Class size limited, pre-registration required. First time students given priority. Call studio for details.
🌡 Come prepared for room temperatures 85 degrees and above.
★ Class taught by a recent YogaWorks Teacher Training graduate (500 hrs).

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