yogaworks

class schedule may 13 - september 15, 2013
san francisco
1823 divisadero st. • san francisco, ca 94115
415.292.5600 • yogaworks.com

MONDAY

- 9:00-10:30 **YW Flow 2/3♫** Lakshmi (Angie) Norwood
- 9:30-10:30 **BarWorks® 1/2♫** Jocelyn Kay Lee
- 11:30-12:25 **Yoga Blend 1/2♫** Anna Proctor
- 12:30-1:30 **Vinyasa Flow 2/3♫** Sarah Pascual
- 4:00-4:55 **Classical Pllates Mat 1/2** Greta Schroeder
- 4:30-5:55 **Vinyasa Flow 2♫** Pete Chandonnet
- 5:00-5:55 **Yoga Blend 1♫** Lindsey Friedrich
- 6:00-7:25 **YogaWorks 2** Erika Trice
- 6:00-7:25 **Vinyasa Flow 2/3♫** Deborah Lee
- 7:30-8:25 **SculptWorks® 1/2♫** Sandra Tabata
- 7:45-8:45 **Yoga Blend 1/2♫** Laura Burkhart

TUESDAY

- 6:30-7:25 **Vinyasa Flow 2/3♫** Suzanne Drolet
- 8:30-9:45 **Yoga Blend 1/2♫** Sarah Pascual
- 10:15-11:10 **Pilates Fusion 1/2** Elisa Ovrahim
- 10:15-11:30 **Vinyasa Flow 2/3♫** Dave Larot
- 11:15-12:15 **Gentle Yoga♫** Jocelyn Kay Lee
- 12:30-1:25 **BarWorks® 1/2♫** Jocelyn Kay Lee
- 12:45-1:45 **YogaWorks 2** Joanna Saxby
- 2:00-3:00 **Yoga Blend 1♫** Greta Schroeder★
- 4:30-5:45 **Vinyasa Flow 2/3♫** Laura Burkhart
- 4:30-5:45 **YogaWorks 1/2** Joanna Saxby
- 6:00-7:25 **Vinyasa Flow 2♫** Pete Chandonnet
- 6:15-7:30 **Yoga Blend 1♫** Sarah Pascual
- 7:30-8:55 **Candle Flow 2/3♫** Stacie Overby
- 7:40-8:35 **Classical Pilates Mat 2** Greta Schroeder

WEDNESDAY

- 9:00-10:30 **YW Flow 2/3♫** Lakshmi (Angie) Norwood
- 9:30-10:30 **BarWorks® 1/2♫** Jocelyn Kay Lee
- 11:30-12:25 **Yoga Blend 1/2♫** Anna Proctor
- 12:30-1:30 **Vinyasa Flow 2/3♫** Sarah Pascual
- 4:00-4:55 **Pilates Fusion 1/2** Cassandra Palo
- 4:30-5:55 **Vinyasa Flow 2♫** Pete Chandonnet
- 5:00-5:55 **Yoga Blend 1♫** Lindsey Friedrich
- 6:00-7:25 **YogaWorks 2** Erika Trice
- 6:00-7:25 **Vinyasa Flow 2/3♫** Deborah Lee
- 7:30-8:25 **SculptWorks® 1/2♫** Rachelli Materum
- 7:45-8:45 **Yoga Blend 1/2♫** Laura Burkhart

THURSDAY

- 6:30-7:25 **Vinyasa Flow 2/3♫** Suzanne Drolet
- 8:30-9:45 **Yoga Blend 1/2♫** Sarah Pascual
- 10:15-11:10 **Pilates Fusion 1/2** Cassandra Palo
- 10:15-11:30 **Vinyasa Flow 2/3♫** Dave Larot
- 11:15-12:15 **Gentle Yoga♫** Jocelyn Kay Lee
- 12:30-1:25 **BarWorks® 1/2♫** Jocelyn Kay Lee
- 12:45-1:45 **YogaWorks 2** Joanna Saxby
- 4:30-5:45 **Vinyasa Flow 2/3♫** Laura Burkhart
- 4:30-5:45 **YogaWorks 1/2** Joanna Saxby
- 6:00-7:25 **Vinyasa Flow 2♫** Pete Chandonnet
- 6:15-7:30 **Yoga Blend 1♫** Sarah Pascual
- 7:30-8:55 **Candle Flow 2/3♫** Stacie Overby
- 7:40-8:35 **Classical Pilates Mat 2** Greta Schroeder

FRIDAY

- 8:00-8:55 **SculptWorks 1/2®♫** Scarlett Campitelli
- 9:00-10:15 **Vinyasa Flow 2♫** Deborah Lee
- 11:30-12:25 **YogaWorks 1/2** Joanna Saxby
- 12:30-1:25 **Classical Pilates Mat 2** Greta Schroeder
- 12:30-1:30 **Vinyasa Flow 2/3♫ 🌡** Destiny Eurkus
- 3:00-4:00 **Yoga Blend 2/3 ♫** Nadine Johnson★
- 4:15-5:15 **Yoga Blend 2** Margi Young
- 6:00-7:25 **Candle Flow 2/3♫** Stacie Overby
- 6:30-7:45 **Yoga Blend 1/2♫** Laura Burkhart

SATURDAY

- 8:00-8:55 **SculptWorks 1/2®♫** Cassandra Palo
- 9:00-10:25 **Vinyasa Flow 2/3♫** Deborah Lee
- 9:15-10:15 **Yoga Blend 1/2♫** Anna Proctor
- 10:30-11:25 **Classical Pilates Mat 2** Cassandra Palo
- 10:45-11:45 **Yoga Blend 1♫** Lindsey Friedrich
- 11:30-12:55 **Vinyasa Flow 2/3♫** Erin Cookston
- 2:30-3:45 **Yoga Blend 1/2♫** Laurie Sleep
- 4:15-5:30 **Yoga Blend 2** Margi Young

SUNDAY

- 9:30-10:55 **YogaWorks 1/2** Joanna Saxby
- 10:00-10:55 **BarWorks® 1/2♫** Melissa Williams
- 11:00-12:00 **Fundamentals of Yoga*** Joanna Saxby
- 11:00-12:15 **YW Master Class 2/3**** Teacher Varies
- 11:00-12:15 **Vinyasa Flow 2♫** Lisa Danylchuk
- 12:30-1:30 **Restoratives♫** Lisa Danylchuk
- 3:00-4:15 **YW Flow 2** Lakshmi (Angie) Norwood
- 4:30-5:55 **Vinyasa Flow 2/3♫** Stacie Overby

PILATES REFORMER CLASSES

Classes offered daily for an additional fee.
Complete schedule available at our front desk.
Pre-registration required.

my yogaworks

Enjoy even more of our classes anytime, anywhere.
Online at myyogaworks.com.

LEGEND

- * Fundamentals of Yoga complimentary class, held on the 2nd & 4th Sunday of every month. Check with studio for specific dates. Pre-registration recommended.
- ** An advanced Vinyasa flow class led by YogaWorks Teacher Trainers. Class meets every other Sunday. Check with studio for specific teachers & dates.
- ♫ Music
- 🌡 Come prepared for room temperatures 80 degrees & above .
- ★ Complimentary class taught by a recent YogaWorks 500 hour Teacher Training Graduate.

Visit yogaworks.com for substitute teachers & holiday hours.