yogaworks

class schedule may 13 - september 15, 2013
walnut creek
1131 locust street • walnut creek, ca 94596
925.478.7272 • yogaworks.com

MONDAY

- 6:00-6:55 **TRX® 2♫** Matt Ricca
- 6:00-7:00 **Yoga Blend 1/2♫** Sonia Roberts
- 8:30-9:45 **YogaWorks 1** Wes Linch
- 8:45-10:00 **Vinyasa Flow 2/3** Suzanne Drolet
- 10:15-11:45 **YogaWorks 1/2** Mynx Inatsugu
- 12:15-1:15 **YW Flow 2/3** Lakshmi (Angie) Norwood
- 1:30-2:30 **Therapeutics** Lakshmi (Angie) Norwood
- 1:30-2:30 **Yoga Blend 1/2♫** Mandy Jackson
- 4:30-5:45 **Viniyoga 1/2** Mynx Inatsugu
- 5:00-5:55 **BarWorks® 1/2♫** Amy Kelly Holmes
- 6:00-6:55 **Contemporary Pilates Mat 1/2** Carly Millholland
- 6:00-7:25 **Vinyasa Flow 2/3♫ 🌡** Dave Larot
- 6:15-7:30 **Yoga Blend 1/2♫** Sonia Roberts
- 7:15-8:15 **TRX® 2♫** Sarah Lewis
- 7:45-8:45 **Yoga Blend 1** Kate Douglas
- 7:45-9:00 **YogaWorks 2** Julie Conrad

TUESDAY

- 6:00-7:00 **Yoga Blend 2♫** Dave Larot
- 7:15-8:15 **Yoga Blend 1** Maura Davies★
- 9:15-10:10 **BarWorks® 1/2♫** Melissa Williams
- 9:15-10:30 **YogaWorks 1/2** Lakshmi (Angie) Norwood
- 9:30-10:30 **YW Cardio Flow 2♫ 🌡** Melanie Salvatore-August
- 11:00-12:00 **Therapeutics** Lakshmi (Angie) Norwood
- 12:00-1:00 **Vinyasa Flow 2** Otto Dittmer
- 12:15-1:15 **Yoga Blend 1** Jillian Bobowicz
- 4:30-5:45 **YogaWorks 1/2** Mynx Inatsugu
- 6:00-6:55 **SculptWorks® 1/2♫** Matt Ricca
- 6:00-7:00 **Fundamentals of Yoga*** Teacher Varies
- 6:15-7:45 **YogaWorks 2 🌡** Mynx Inatsugu
- 7:15-8:30 **Gentle Yoga w/ Restoratives** Gretchen Zoll
- 7:15-8:30 **Yoga Blend 1/2** Otto Dittmer

WEDNESDAY

- 6:00-6:55 **TRX® 2♫** Matt Ricca
- 6:00-7:00 **Yoga Blend 1/2♫** Sonia Roberts
- 8:30-9:45 **YogaWorks 1** Wes Linch
- 8:45-10:00 **Vinyasa Flow 2/3** Suzanne Drolet
- 9:15-10:10 **BarWorks® 1/2♫** Amy Kelly Holmes
- 10:15-11:45 **YogaWorks 1/2** Mynx Inatsugu
- 12:15-1:15 **Vinyasa Flow 2/3♫ 🌡** Jamie McMaster
- 1:30-2:30 **Therapeutics** Lakshmi (Angie) Norwood
- 1:30-2:30 **Yoga Blend 1/2♫** Mandy Jackson
- 4:30-5:45 **Viniyoga 1/2** Mynx Inatsugu
- 5:00-5:55 **BarWorks® 1/2♫** Amy Kelly Holmes
- 6:00-6:55 **Contemporary Pilates Mat 1/2** Caroline Taylor
- 6:00-7:25 **Vinyasa Flow 2/3♫ 🌡** Dave Larot
- 6:15-7:30 **Yoga Blend 1/2♫** Sonia Roberts
- 7:15-8:15 **TRX® 2♫** Ali Letsch
- 7:45-8:45 **Yoga Blend 1** Kate Douglas
- 7:45-9:00 **YogaWorks 2** Julie Conrad

THURSDAY

- 6:00-7:00 **Yoga Blend 2♫** Dave Larot
- 7:15-8:15 **Yoga Blend 1** Kathe Oster★
- 9:15-10:10 **BarWorks® 1/2♫** Melissa Williams
- 9:15-10:30 **YogaWorks 1/2** Lakshmi (Angie) Norwood
- 9:30-10:30 **YW Cardio Flow 2♫ 🌡** Melanie Salvatore-August
- 11:00-12:00 **Therapeutics** Lakshmi (Angie) Norwood
- 12:00-1:00 **Vinyasa Flow 2** Otto Dittmer
- 12:15-1:15 **Yoga Blend 1** Jillian Bobowicz
- 2:45-3:45 **Yoga Blend 1** Lilia Roman★
- 4:30-5:45 **YogaWorks 1/2** Mynx Inatsugu
- 6:00-6:55 **SculptWorks® 1/2♫** Matt Ricca
- 6:15-7:45 **YogaWorks 2 🌡** Mynx Inatsugu
- 7:15-8:30 **Yoga Blend 1/2** Otto Dittmer
- 8:00-9:00 **Yoga Blend 2/3♫ 🌡** Marilyn Isaac★

FRIDAY

- 6:00-7:00 **Yoga Blend 1/2♫** Sonia Roberts
- 9:00-10:00 **YW Cardio Flow 2/3♫ 🌡** Melanie Salvatore-August
- 9:15-10:10 **TRX® 2♫** Ali Letsch
- 10:15-11:30 **YogaWorks 1/2♫** Melanie Salvatore-August
- 12:15-1:15 **Vinyasa Flow 2/3♫ 🌡** Jamie McMaster
- 12:30-1:30 **Gentle Yoga** Colleen Millen
- 1:30-2:30 **Yoga Blend 1/2♫** Mandy Jackson
- 3:30-4:30 **Yoga Blend 2/3 ♫** Laurie Gallagher★
- 5:30-6:40 **Vinyasa Flow 2♫** Allan Jacinto
- 6:00-7:15 **Forrest Yoga 1/2** Colleen Millen
- 6:45-8:00 **Restoratives♫** Allan Jacinto

SATURDAY

- 8:00-8:55 **SculptWorks® 1/2♫** Ali Letsch
- 8:30-9:45 **YogaWorks 1** Wes Linch
- 9:00-10:15 **YW Flow 2♫ 🌡** Melanie Salvatore-August
- 10:30-11:45 **YogaWorks 1/2♫** Melanie Salvatore-August
- 10:45-11:45 **Gentle Yoga ♫** Jocelyn Kay Lee
- 11:15-12:45 **Vinyasa Flow 2/3♫ 🌡** Jamie McMaster
- 2:00-3:25 **Yoga Blend 2** Suzanne Drolet
- 3:45-4:45 **Yoga Blend 1** Suzanne Drolet

SUNDAY

- 8:00-9:00 **YW Cardio Flow 2♫ 🌡** Julie Conrad
- 8:15-9:10 **TRX® 2♫** Kim Aardalen
- 9:30-10:30 **Contemporary Pilates Mat 1♫** Ivy Noceto
- 10:30-12:00 **YogaWorks 1/2** Mynx Inatsugu
- 12:15-1:30 **Yoga Blend 1** Kate Douglas
- 12:30-2:00 **Vinyasa Flow 2/3♫** Erin Cookston
- 2:30-3:45 **Gentle Yoga w/ Restoratives** Lisa Pitts★
- 4:15-5:30 **Yoga Blend 1/2♫** Dave Larot
- 4:30-5:40 **Vinyasa Flow 2♫** Allan Jacinto
- 5:45-7:00 **Yin Yoga♫** Allan Jacinto

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, every Tuesday. Check with studio for specific teachers. Pre-registration recommended.
- ♫ Music
- 🌡 Come prepared for room temperatures 85 degrees & above.
- ★ Complimentary class taught by a recent YogaWorks 500 hour Teacher Training Graduate.

Visit yogaworks.com for substitute teachers and holiday hours.