yogaworks®

class schedule january 13 - may 11, 2014
montana
1426 montana ave • santa monica, ca 90403
310.393.5150 • yogaworks.com

MONDAY

7:00-8:55	**Ashtanga/Mysore*** Maria Villella
7:15-8:40	**Vinyasa Flow 2/3♫** Calvin Corzine
7:30-8:25	**Pranayama**** (4/28) Lisa Walford
9:00-10:25	**Hatha Yoga 1/2** Jasmine Lieb
9:00-10:35	**Iyengar 2/3** Lisa Walford
10:45-12:10	**Vinyasa Flow 2/3♫** Krista Cahill
10:45-12:10	**YogaWorks 1/2** Birgitte Kristen
12:30-1:55	**YW Flow 2** Heather Seiniger
12:30-1:55	**Prenatal 1/2** Mollie Johnson
2:30-3:55	**YogaWorks 1** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Sonya Hanlon
4:15-5:40	**Vinyasa Flow 2/3♫** Alexandria Crow
6:00-7:25	**Iyengar 1/2** Chris Stein
6:15-7:10	**Vinyasa Flow 2/3♫** Sara Ivanhoe
7:30-8:55	**Vinyasa Flow 2** Deborah Blossom
7:30-8:55	**YogaWorks 1** John Gaydos

TUESDAY

6:15-7:35	**Iyengar 1/2** Koren Paalman
7:00-8:55	**Ashtanga/Mysore*** Maria Villella
7:30-8:25	**Pranayama**** (4/15) Lisa Walford
7:40-9:00	**YogaWorks 1/2** Olivia Barry
9:00-10:25	**YW Flow 2** Anne Van Valkenberg
9:15-10:40	**Iyengar 2** Chris Stein
10:45-12:10	**YogaWorks 1/2** Al Tavera
10:45-12:10	**Vinyasa Flow 2/3** Jesse Schein
12:30-1:40	**YW Flow 2♫** Carolina Goldberg
1:15-2:40	**Therapeutics** Jasmine Lieb
2:15-3:25	**Gentle Yoga***** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Nancy Goodstein
4:20-5:45	**Vinyasa Flow 3♫** Brock Cahill
6:00-7:25	**Vinyasa Flow 2/3** Chad Hamrin
6:10-7:20	**YW Flow 2** Birgitte Kristen
7:30-8:55	**Vinyasa Flow 2/3♫** Gigi Snyder
7:30-8:55	**Iyengar 1** Scott Hobbs

WEDNESDAY

7:00-8:55	**Ashtanga/Mysore*** Maria Villella
7:15-8:40	**Vinyasa Flow 2/3♫** Calvin Corzine
7:30-8:25	**Pranayama**** (1/15) Lisa Walford
9:00-10:25	**Hatha Yoga 1/2** Jasmine Lieb
9:00-10:35	**Iyengar 2/3** Lisa Walford
10:45-12:10	**Vinyasa Flow 2/3♫** Sara Ivanhoe
10:45-12:10	**YogaWorks 1/2** Birgitte Kristen
12:30-1:55	**YW Flow 2** Heather Seiniger
12:30-1:55	**Prenatal 1** Alexandra Lauterio
2:15-3:25	**Baby & Me** (6wks-2yrs) Raisa Lilling
2:30-3:55	**YogaWorks 1** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Sonya Hanlon
4:15-5:40	**Vinyasa Flow 2/3♫** Alexandria Crow
6:00-7:25	**Iyengar 1/2** Chris Stein
6:15-7:10	**Vinyasa Flow 2/3♫** Sara Ivanhoe
7:30-8:55	**Vinyasa Flow 2** Deborah Blossom
7:30-8:55	**YogaWorks 1** John Gaydos

THURSDAY

6:15-7:35	**Iyengar 1/2** Koren Paalman
7:00-8:55	**Ashtanga/Mysore*** Maria Villella
7:30-8:25	**Pranayama**** (1/30) Lisa Walford
7:40-9:00	**YogaWorks 1/2** Olivia Barry
9:00-10:25	**YW Flow 2** Anne Van Valkenberg
9:15-10:40	**Iyengar 2** Chris Stein
10:45-12:10	**YogaWorks 1/2** Al Tavera
10:45-12:10	**Vinyasa Flow 2/3** Jesse Schein
12:30-1:40	**YW Flow 2♫** Carolina Goldberg
1:15-2:40	**Therapeutics** Jasmine Lieb
2:15-3:25	**Gentle Yoga***** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Nancy Goodstein
4:20-5:45	**Vinyasa Flow 3♫** Brock Cahill
6:00-7:25	**Vinyasa Flow 2/3** Chad Hamrin
6:10-7:20	**YW Flow 2** Birgitte Kristen
7:30-8:55	**Vinyasa Flow 2/3♫** Gigi Snyder
7:30-8:55	**Iyengar 1** Scott Hobbs

FRIDAY

7:00-8:55	**Ashtanga/Mysore*** Maria Villella
7:15-8:40	**Vinyasa Flow 2/3♫** Calvin Corzine
7:30-8:25	**Pranayama**** (2/14, 2/28) Lisa Walford
9:00-10:25	**Hatha Yoga 1/2** Jasmine Lieb
9:15-10:40	**Iyengar 3** Lisa Walford
10:45-12:10	**Vinyasa Flow 2/3♫** Sara Ivanhoe
10:45-12:10	**YogaWorks 1/2** Birgitte Kristen
12:30-1:55	**YW Flow 2** Heather Seiniger
2:30-3:55	**YogaWorks 1** John Gaydos
4:00-5:55	**Ashtanga/Mysore*** Sonya Hanlon
4:15-5:40	**YW Flow 2** Gigi Snyder
6:00-7:25	**Iyengar 1/2** Chris Stein
7:30-8:55	**Restoratives** Chris Stein

SATURDAY

7:30-8:55	**YogaWorks 1** Al Tavera
7:30-8:55	**YW Flow 2/3** Chris Armas
9:00-10:25	**Vinyasa Flow 2♫** Mia Togo
9:00-10:35	**Iyengar 2/3** Paul Cabanis
10:30-11:55	**YogaWorks 1/2** Heather Seiniger
10:45-12:10	**Vinyasa Flow 2/3** Jesse Schein
12:15-1:25	**Prenatal Flow♫** Patti Quintero
12:30-1:55	**YW Flow 2♫** Carolina Goldberg
2:10-3:30	**Iyengar 1/2** Marla Apt
4:00-5:25	**YogaWorks 1/2** Romy Phillips

SATURDAY

7:30-8:25	**Pranayama**** (3/16, 3/30) Lisa Walford
7:30-9:25	**Iyengar 1/2** Chris Stein
8:00-10:10	**Ashtanga/Mysore*** Jodi Blumstein
9:30-10:55	**Vinyasa Flow 2/3♫** Calvin Corzine
10:15-11:40	**YW Flow 2♫** Rachael Simmons
11:00-12:25	**YogaWorks 1/2** Charlie Samos
12:30-1:55	**Vinyasa Flow 2/3♫** Krista Cahill
2:15-3:40	**YogaWorks 1** John Gaydos
4:00-5:25	**YW Flow 2** Heather Seiniger
5:30-6:55	**Iyengar 1/2** Marla Apt
5:30-7:30	**Hatha Yoga 1/2♫*** ** Kia Miller
7:00-8:25	**Restoratives** Marla Apt

LEGEND

- * Ashtanga/Mysore classes do not meet on new and full moon days: 1/15, 1/30, 2/14, 2/28, 3/16, 3/30, 4/15, 4/28
- ** Pranayama classes meet on moon days.
- *** Class open to the community for a $10 fee.
- ♫ Led by music

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