yogaworks

class schedule may 13 - september 15, 2013
pasadena
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MONDAY

6:00-6:55	**YW Flow 2** ♫ 🌡 Kerrie Cason
7:30-8:30	**BarWorks® 1/2** ♫ Deisree Yan
9:00-10:15	**YW Flow 2** ♫ Eka Ekong
9:30-10:40	**YogaWorks 1/2** Nona Chiang
10:30-11:30	**SculptWorks® 1/2** ♫ Micki Duran
12:00-1:00	**Vinyasa Flow 2** ♫ 🌡 George Kosmitis
12:15-1:15	**YogaWorks 1** Hayleigh Zachary
1:30-2:45	**Gentle Yoga** Lauren Maher
4:45-6:00	**Iyengar 1/2** Allen Mulch
5:00-5:55	**Pilates Fusion 1/2** Anastasia Baratta
6:00-7:30	**Vinyasa Flow 2** ♫ Sonya Perry
6:15-7:15	**TRX® 2** ♫ Demian Boergadine
7:30-8:45	**Yoga Blend 1/2** Sara Feuhrer
8:00-9:00	**Candle Flow 2/3** ♫ Ashley Rideaux

TUESDAY

6:00-6:55	**Vinyasa Flow 2** ♫ 🌡 George Kosmitis
6:15-7:15	**SculptWorks® 1/2** ♫ Alana Lee
9:00-10:25	**Vinyasa Flow 2** ♫ Maria Zavala
9:30-10:40	**YogaWorks 1/2** ♫ 🌡 David Lynch
10:30-11:45	**YogaWorks 1** Dani Ibarra
11:00-12:00	**Gentle Yoga** Lauren Maher
12:00-12:55	**TRX® 2** ♫ Demian Boergadine
12:15-1:30	**YW Flow 2** Carmen Fitzgibbon
4:30-5:45	**YogaWorks 1/2** Ashley Rideaux
4:45-5:45	**BarWorks® 1/2** ♫ Katina Calvin
6:00-7:30	**Vinyasa Flow 2/3** ♫ Jeanne Heileman
6:15-7:30	**Iyengar 1** Marta Jasberg
7:45-8:45	**YW Cardio Flow 2** ♫ 🌡 Micki Duran
7:45-9:00	**Restoratives** ♫ Sonya Perry

WEDNESDAY

6:00-6:55	**YW Flow 2** ♫ 🌡 Kerrie Cason
7:30-8:30	**BarWorks® 1/2** ♫ Deisree Yan
9:00-10:15	**YW Flow 2** ♫ Eka Ekong
9:30-10:40	**YogaWorks 1/2** Nona Chiang
10:30-11:30	**SculptWorks® 1/2** ♫ Micki Duran
12:00-1:00	**Vinyasa Flow 2** ♫ 🌡 George Kosmitis
12:15-1:15	**YogaWorks 1** Hayleigh Zachary
4:45-6:00	**Iyengar 1/2** Allen Mulch
5:00-5:55	**Contemporary Pilates Mat 1/2** Kinga Night
6:00-7:30	**Vinyasa Flow 2** ♫ Sonya Perry
6:15-7:15	**TRX® 2** ♫ Katina Calvin
7:30-8:45	**Yoga Blend 1/2** Sara Feuhrer
8:00-9:00	**Candle Flow 2/3** ♫ Ashley Rideaux

THURSDAY

6:00-6:55	**Vinyasa Flow 2** ♫ 🌡 George Kosmitis
6:15-7:15	**SculptWorks® 1/2** ♫ Alana Lee
9:00-10:25	**Vinyasa Flow 2** ♫ Maria Zavala
9:30-10:40	**YogaWorks 1/2** ♫ 🌡 David Lynch
10:30-11:45	**YogaWorks 1** Dani Ibarra
11:00-12:00	**Gentle Yoga** Lauren Maher
12:00-12:55	**TRX® 2** ♫ Demian Boergadine
12:15-1:30	**YW Flow 2** Carmen Fitzgibbon
4:30-5:45	**YogaWorks 1/2** Ashley Rideaux
4:45-5:45	**BarWorks® 1/2** ♫ Katina Calvin
6:00-7:30	**Vinyasa Flow 2/3** ♫ Jeanne Heileman
6:15-7:30	**Iyengar 1** Marta Jasberg
7:45-8:45	**YW Cardio Flow 2** ♫ 🌡 Micki Duran
7:45-9:00	**Restoratives** ♫ Sonya Perry

FRIDAY

6:30-8:00	**Ashtanga/Led*** Maria Zavala
7:30-8:30	**BarWorks® 1/2** ♫ Sophie Olson
9:00-10:15	**YW Flow 2** ♫ Ashley Rideaux
9:30-10:40	**YogaWorks 1/2** Nona Chiang
10:30-11:30	**SculptWorks® 1/2** ♫ Micki Duran
12:00-1:00	**Vinyasa Flow 2** ♫ 🌡 George Kosmitis
12:15-1:15	**YogaWorks 1** Hayleigh Zachary
1:30-2:45	**Gentle Yoga** Lauren Maher
4:45-5:55	**Iyengar 1/2** Marta Jasberg
5:00-5:55	**Pilates Fusion 1/2** Anastasia Baratta
6:00-7:15	**Vinyasa Flow 2** ♫ 🌡 George Kosmitis
6:15-7:15	**TRX® 2** ♫ Demian Boergadine

SATURDAY

8:00-8:55	**BarWorks® 1/2** ♫ Sophie Olson
9:00-10:20	**Vinyasa Flow 2** ♫ 🌡 George Kosmitis
10:00-11:15	**YogaWorks 1/2** Jenny Lantz
10:30-11:45	**Iyengar 1/2** Dora Hasenbein
12:00-1:00	**TRX® 2** ♫ Alana Lee
12:15-1:45	**Vinyasa Flow 2/3** ♫ Janice Choiu
2:15-3:30	**Gentle Yoga** Lauren Maher
4:00-5:15	**Yoga Blend 1/2** Sara Feuhrer

SUNDAY

8:00-8:55	**TRX® 2** ♫ Katina Calvin
8:30-10:00	**Ashtanga/Led*** Maria Zavala
9:30-10:45	**YogaWorks 1/2** Hayleigh Zachary
10:15-11:30	**Vinyasa Flow 2** ♫ Clio Manuelian
11:00-12:00	**Contemporary Pilates Mat 1/2** Kinga Night
12:00-1:00	**YW Cardio Flow 2** ♫ 🌡 Micki Duran
12:15-1:45	**Iyengar 1/2** Allen Mulch
3:00-4:15	**YogaWorks 1/2** Sonya Perry
4:30-5:55	**Vinyasa Flow 2/3** ♫ Janice Choiu
6:00-6:30	**YW Meditation** Hayleigh Zachary

my yogaworks

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

LEGEND

- * Ashtanga classes do not meet on new & full moon days including: 6/8, 6/23
- ♫ Music
- 🌡 Come prepared for room temperatures 85 degrees & above.

Visit yogaworks.com for substitute teachers & holiday hours