yogaworks

class schedule may 13 - september 15, 2013
valencia
23951 newhall ranch road • santa clarita, ca 91355
661.799.2645 • yogaworks.com

MONDAY

- 8:30-9:25 **TRX® 1/2♫** Allison Nelson
- 9:15-10:30 **Yoga Blend 1/2♫** Louise Guzman
- 9:30-10:25 **BarWorks® 1/2♫** Kerri Ripel Harris
- 10:30-11:45 **YogaWorks 1♫** Jackie Field
- 10:45-12:00 **Yoga Blend 1/2♫** Billy Gill
- 12:00-1:00 **Vinyasa Flow 2♫** Billy Gill
- 12:00-1:15 **Gentle Yoga♫** Dani Ibarra
- 4:00-5:15 **YogaWorks 1/2♫** Ashley Rideaux
- 4:00-5:30 **Iyengar 1/2** Ida Unger
- 5:00-5:55 **YW Cardio Flow® 2♫** Allison Nelson
- 5:30-6:45 **YogaWorks 1♫** Ashley Rideaux
- 6:00-6:55 **SculptWorks® 1/2♫** Allison Nelson
- 6:15-7:15 **Pilates Fusion 1/2♫** Ashley Spears Howard
- 7:30-8:45 **Candle Flow 1/2♫** Deb Dellosso

TUESDAY

- 6:00-7:00 **Yoga Blend 1/2♫** Toni Kuhn
- 8:30-9:30 **Classical Pilates Mat 1/2♫** Susan Woods
- 9:15-10:10 **TRX® 1/2♫** Jackie Field
- 10:30-11:45 **Yoga Blend 1/2♫** Aundrea Politi
- 10:30-12:00 **Iyengar 1** Ida Unger
- 12:00-1:00 **Vinyasa Flow 2♫** Ashley Rideaux
- 12:05-1:00 **SculptWorks® 1/2♫** Allison Nelson
- 1:00-2:15 **Yoga Blend 1/2** Linda Spiker★
- 4:30-5:45 **Yoga Blend 1♫** Dede Switzer
- 5:00-5:55 **BarWorks® 1/2♫** Kerri Ripel Harris
- 6:00-7:15 **Yoga Blend 1/2♫** Terren Burson
- 6:15-7:30 **Relax Deeply♫** Dani Ibarra
- 7:30-8:45 **Yoga Blend 1♫** Andrea Dill
- 7:30-8:45 **Vinyasa Flow 2♫** Dani Ibarra

WEDNESDAY

- 8:30-9:25 **SculptWorks® 1/2♫** Allison Nelson
- 9:15-10:30 **Yoga Blend 1/2♫** Louise Guzman
- 9:30-10:25 **BarWorks® 1/2♫** Susan Woods
- 10:30-11:30 **TRX® 1/2♫** Susan Woods
- 10:30-11:45 **YW Flow 2♫** Dani Ibarra
- 12:00-1:00 **Yoga Blend 1/2♫** Allison Nelson
- 12:00-1:15 **Therapeutics / Back♫** Dani Ibarra
- 4:00-5:15 **YogaWorks 1/2♫** Ashley Rideaux
- 4:00-5:30 **Iyengar 1/2** Ida Unger
- 5:00-5:55 **YW Cardio Flow® 2♫** Allison Nelson
- 5:30-6:45 **YogaWorks 1♫** Ashley Rideaux
- 6:00-6:55 **SculptWorks® 1/2♫** Ashley Spears Howard
- 6:15-7:15 **Contemporary Pilates Mat 1/2♫** Colette Crimi
- 7:30-8:45 **Candle Flow 1/2♫** Jeannette Pugh

THURSDAY

- 6:00-7:00 **Yoga Blend 1/2♫** Toni Kuhn
- 8:30-9:30 **Classical Pilates Mat 1/2♫** Susan Woods
- 10:30-11:45 **Yoga Blend 1/2♫** Aundrea Politi
- 10:30-12:00 **Iyengar 1** Ida Unger
- 12:00-1:00 **Vinyasa Flow 2♫** Ashley Rideaux
- 12:05-1:00 **SculptWorks® 1/2♫** Allison Nelson
- 1:00-2:15 **Gentle Yoga♫** Dani Ibarra
- 4:30-5:45 **Yoga Blend 1♫** Dede Switzer
- 5:00-5:55 **BarWorks® 1/2♫** Kerri Ripel Harris
- 6:00-7:15 **Yoga Blend 1/2♫** Terren Burson
- 6:15-7:30 **Therapeutics/ Back♫** Dani Ibarra
- 7:30-8:45 **Yoga Blend 1♫** Andrea Dill
- 7:30-8:45 **Vinyasa Flow 2♫** Dani Ibarra

FRIDAY

- 6:00-7:00 **Yoga Blend 1/2♫** Toni Kuhn
- 8:30-9:25 **SculptWorks® 1/2♫** Jackie Field
- 9:15-10:15 **Contemporary Pilates Mat 1/2♫** Susan Woods
- 9:15-10:30 **YogaWorks 1♫** Dani Ibarra
- 10:30-11:30 **TRX® 1/2♫** Annette Allen
- 10:45-12:00 **Yoga Blend 1/2♫** Billy Gill
- 12:00-1:00 **Vinyasa Flow 2♫** Billy Gill
- 12:00-1:15 **Therapeutics/ Back♫** Dani Ibarra
- 4:30-5:45 **Yoga Blend 1/2♫** Andrea Dill
- 5:30-6:45 **Yoga Blend 1♫** Risa Albertson

SATURDAY

- 7:30-8:25 **TRX® 1/2♫** Allison Nelson
- 8:00-8:55 **Classical Pilates Mat 1/2♫** Susan Woods
- 8:00-9:15 **Yoga Blend 1/2♫** Walter Gregory
- 8:30-9:25 **SculptWorks® 1/2♫** Allison Nelson
- 9:00-10:15 **YogaWorks 1/2** Hayleigh Zachary
- 9:30-10:55 **Yoga Blend 2/3♫** Billy Gill
- 10:15-11:45 **Therapeutics/ Back♫** Jackie Field
- 11:00-12:15 **YogaWorks 1♫** Ashley Rideaux
- 12:30-1:30 **Fundamentals of Yoga** Teacher Varies
- 4:00-5:15 **Yoga Blend 1/2♫** Cathy Orr

SUNDAY

- 8:00-8:55 **BarWorks® 1/2♫** Susan Woods
- 9:00-10:15 **Yoga Blend 1/2♫** Toni Kuhn
- 10:00-11:15 **Yoga Blend 1/2♫** Ginger Sullivan
- 10:30-11:45 **Yoga Blend 1♫** Risa Albertson
- 12:30-1:30 **Fundamentals of Yoga** Teacher Varies
- 12:45-1:40 **SculptWorks® 1/2♫** Amber Borbon
- 4:00-5:15 **Yoga Blend 1/2♫** Jeannette Pugh
- 4:30-5:45 **Vinyasa Flow 2♫** Walter Gregory
- 6:00-7:30 **Restoratives** Ida Unger

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LEGEND

♫ Music
★ Complimentary class taught by a recent YogaWorks 500 hour Teacher Training Graduate

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