yogaworks

class schedule may 13 - september 15, 2013
huntington beach
301 main st. suite 109 • huntington beach, ca 92648
714.960.9740 • yogaworks.com

MONDAY

- 9:00-10:25 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 10:30-11:55 **Yoga Blend 1/2** — Betsy Ullstrup
- 12:00-12:55 **BarWorks® 1/2*** — Shaylene Benson
- 1:30-2:55 **Yoga Blend 1** — Betsy Ullstrup
- 3:30-4:25 **Gentle Yoga** — Betsy Ullstrup
- 5:00-5:55 **Vinyasa Flow 2** — Shay Haghighat
- 6:00-6:55 **Pilates Fusion 1/2** — Nicole Quibodeaux
- 7:30-8:55 **Yoga Blend 1/2** — Phuong Le

TUESDAY

- 5:30-6:55 **YW Cardio Flow 2** 🌡 — Suzanne Yeo
- 9:00-10:25 **YogaWorks 1/2** — Kori Strobl
- 10:30-11:55 **Yoga Blend 1** — Nichole Susi-Blair
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Katherine Slay
- 5:00-5:55 **Vinyasa Flow 2** — Simon "Karta" Ballard
- 6:00-7:25 **YogaWorks 1/2** — Kori Strobl
- 7:30-8:45 **Yoga Blend 1** — Jan Throndson

WEDNESDAY

- 5:30-6:55 **YW Cardio Flow 2** 🌡 — Suzanne Yeo
- 9:00-10:25 **Vinyasa Flow 2** 🌡 — Paul Da Silva
- 10:30-11:55 **Yoga Blend 1/2** — Betsy Ullstrup
- 12:00-12:55 **BarWorks® 1/2*** — Shaylene Benson
- 3:30-4:25 **Gentle Yoga** — Betsy Ullstrup
- 5:00-5:55 **Yoga Blend 1/2** — Jennie Jalalat
- 6:00-7:25 **Restoratives** — Betsy Ullstrup
- 7:30-8:55 **Yoga Blend 1/2** — Phuong Le

THURSDAY

- 5:30-6:55 **YW Cardio Flow 2** 🌡 — Suzanne Yeo
- 9:00-10:25 **YogaWorks 1/2** — Kori Strobl
- 10:30-11:55 **Yoga Blend 1** — Nichole Susi-Blair
- 12:00-12:55 **Contemporary Pilates Mat 1/2** — Katherine Slay
- 5:00-5:55 **Vinyasa Flow 2** — Simon "Karta" Ballard
- 6:00-7:25 **YogaWorks 1/2** — Kori Strobl
- 7:30-8:45 **Yoga Blend 1** — Jan Throndson

FRIDAY

- 5:30-6:55 **YW Cardio Flow 2** 🌡 — Suzanne Yeo
- 9:00-9:55 **Classical Pilates Mat 1/2** — Lisa Hubbard
- 10:30-11:55 **YogaWorks 1/2** — Michelle McKay
- 12:00-12:55 **BarWorks® 1/2*** — Shaylene Benson
- 2:00-3:15 **Yoga Blend 1/2** — Ayano Kurauchi ★
- 3:30-4:25 **Gentle Yoga** — Diane Sutton
- 4:30-5:55 **Yoga Blend 1/2** — Rebekah O'Shields

SATURDAY

- 8:00-8:55 **YogaWorks 1** — Paul Da Silva
- 9:00-10:25 **YogaWorks 1/2** — Michelle McKay
- 10:30-11:55 **Vinyasa Flow 2** 🌡 — Rona Graf
- 12:00-12:55 **Pilates Fusion 1/2** — Elizabeth Modzelewski
- 3:00-4:25 **Iyengar 1/2** — Suzanne Simon
- 4:30-5:55 **Vinyasa Flow 2/3** 🌡 — Jennie Jalalat

SUNDAY

- 7:30-8:55 **Vinyasa Flow 2** 🌡 — Suzanne Yeo
- 9:00-10:25 **Iyengar 1/2** — Suzanne Simon
- 10:30-11:55 **YW Flow 2/3** 🌡 — Michelle McKay
- 12:00-1:25 **Yoga Blend/ Pranayama 1/2** — Jan Throndson
- 4:30-5:55 **Restoratives** — Diane Sutton

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

LEGEND

- * Class does not utilize a bar at this location.
- 🌡 Come prepared for room temperatures 85 degrees & above.
- ★ Complimentary class taught by recent 500 hour YogaWorks Teacher Training Graduate.

Validated parking available in the garage located behind the studio, entrance on Olive or Orange Street.

Visit yogaworks.com for substitute teachers & holiday hours.