yogaworks

class schedule may 13 - september 15, 2013
newport beach
230 newport center dr. ste 230 • newport beach, ca 92660
949.640.9642 • yogaworks.com

MONDAY

- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Sarah Reese
- 9:00-10:25 **Viniyoga 1/2** — Juris Zinbergs
- 10:45-11:55 **Yin Yoga 1** — Rebekah O'Shields
- 12:00-12:55 **YogaWorks 1/2** — Jennie Jalalat
- 3:30-4:25 **Yoga Blend 1/2** — Jacque Scott/ Illana Meislik★
- 4:30-5:55 **Yin & Yang 2/3** 🌡 — Stacey Smith
- 5:00-5:55 **Yoga Blend 1/2** — Cathy Cox
- 6:00-6:55 **Contemporary Pilates Mat 1/2** — Caitlin Ezzell
- 7:00-8:15 **YogaWorks 2** — Rachel Murray

TUESDAY

- 6:30-7:25 **YogaWorks 1/2** — Jennie Jalalat
- 8:00-8:55 **Pilates Fusion 1/2** — Tracy Bauer
- 9:00-9:55 **YogaWorks 1** — Randy Allard
- 9:00-10:25 **Vinyasa Flow 2/3** — Christine Gibb
- 10:45-11:55 **Therapeutics** — Trish Deignan
- 12:00-12:55 **Vinyasa Flow 2** — Cathy Cox
- 12:00-12:55 **Contemporary Pilates Mat 2** — Caitlin Ezzell
- 4:30-5:55 **Yoga Blend 2** — Phillip Sadler
- 5:00-5:55 **Yoga Blend 1/2** — Cathy Cox
- 6:00-7:25 **Vinyasa Flow 2** 🌡 — Audri Geary
- 6:30-7:45 **YogaWorks 1** — Rebekah O'Shields

WEDNESDAY

- 6:30-7:55 **Vinyasa Flow 2** 🌡 — Lisbeth Fritz
- 9:00-9:55 **BarWorks® 1/2*** — Caitlin Ezzell
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 — Sarah Reese
- 10:00-11:25 **Viniyoga 1/2** — Juris Zinbergs
- 11:00-12:25 **Iyengar 1/2** — Denise Thibault
- 12:00-12:55 **YogaWorks 1/2** — Jennie Jalalat
- 2:15-3:25 **Gentle Yoga** — Helena Gorka
- 4:30-5:55 **Yin & Yang 2/3** 🌡 — Stacey Smith
- 5:00-5:55 **Yoga Blend 1/2** — Cathy Cox
- 6:00-6:55 **Contemporary Pilates Mat 1/2** — Caitlin Ezzell
- 6:00-7:25 **Restoratives** — Bella McCloud
- 7:00-8:15 **YogaWorks 2** — Rachel Murray

THURSDAY

- 6:30-7:25 **YogaWorks 1/2** — Jennie Jalalat
- 8:00-8:55 **Pilates Fusion 1/2** — Tracy Bauer
- 9:00-9:55 **YogaWorks 1** — Randy Allard
- 9:00-10:25 **Vinyasa Flow 2/3** — Christine Gibb
- 10:45-11:55 **Therapeutics** — Trish Deignan
- 12:00-12:55 **Vinyasa Flow 2** — Cathy Cox
- 12:00-12:55 **Contemporary Pilates Mat 2** — Caitlin Ezzell
- 4:30-5:55 **Yoga Blend 2** — Phillip Sadler
- 5:00-5:55 **Yoga Blend 1/2** — Cathy Cox
- 6:00-7:25 **Vinyasa Flow 2** 🌡 — Audri Geary
- 6:30-7:45 **YogaWorks 1** — Rebekah O'Shields

FRIDAY

- 6:30-7:55 **Vinyasa Flow 2** 🌡 — Lisbeth Fritz
- 9:00-9:55 **BarWorks® 1/2*** — Robin Toavs
- 9:00-10:25 **Viniyoga 1/2** — Juris Zinbergs
- 10:45-11:55 **Yin Yoga 1** — Rebekah O'Shields
- 11:00-12:25 **Iyengar 1/2** — Denise Thibault
- 12:00-12:55 **YogaWorks 1/2** — Jennie Jalalat
- 3:30-4:25 **Yoga Blend 1/2** — Jennifer Yeh/ Nicolette David★
- 4:30-5:25 **Contemporary Pilates Mat 2** — Caitlin Ezzell
- 5:30-6:55 **Vinyasa Flow 2/3** 🌡 — Tim Senesi

SATURDAY

- 8:00-8:55 **Pilates Fusion 1/2** — Cory Bufkin
- 8:30-9:55 **Vinyasa Flow 2/3** 🌡 — Lesley Fightmaster
- 9:00-10:25 **Vinyasa Flow 2** — Jon Burras
- 10:30-11:25 **Pilates Fusion 1/2** — Stephanie Leblanc
- 10:30-11:55 **Yoga Blend 1** — Katresha Moskios
- 11:30-12:55 **Vinyasa Flow 2** 🌡 — Shay Haghighat
- 4:30-5:55 **Yoga Blend 2** — Jon Burras

SUNDAY

- 8:00-9:25 **Yoga Basics** — Bob Metzler
- 9:30-10:25 **Pilates Fusion 1/2** — Shaylene Benson
- 9:30-10:55 **Vinyasa Flow 2** 🌡 — Lisbeth Fritz
- 10:30-11:55 **Yoga Blend 1/2** — Katresha Moskios
- 11:30-12:55 **Vinyasa Flow 2/3** 🌡 — Tim Senesi
- 5:00-6:25 **Yoga Blend 1/2** — Nicole Quibodeaux

Pilates Group Reformer Classes (1 hour)

Monday:	**6pm & 7pm**
Wednesday:	**5pm**
Saturday:	**9am**
Sunday:	**10:30 & 11:30am**

Additional fee required. Call to register.

my yogaworks

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.

Visit yogaworks.com for substitute teachers & holiday hours.