yogaworks

class schedule may 13 - september 15, 2013
westlake village
2475 townsgate rd. • westlake village, ca 91361
805.371.3030 • yogaworks.com

MONDAY

- 6:00-7:15 **YogaWorks 1/2** Mary-Beth Demers
- 8:15-9:10 **SculptWorks® 2/3♫** Patricia Friberg
- 8:45-10:00 **Yoga Blend 1/2♫** Jessica Anderson
- 9:15-10:15 **TRX® 2♫** Patricia Friberg
- 9:15-10:40 **Vinyasa Flow 2/3♫** Vivica Schwartz
- 10:30-11:45 **Gentle Yoga♫** Karen Hartstein
- 10:30-12:00 **Iyengar 1/2** Kishor Stein
- 12:00-1:15 **YogaWorks 1/2** Chrissy Canning
- 12:15-1:15 **Pilates Fusion 1/2♫** Diana Klein
- 12:15-1:30 **Vinyasa Flow 2/3♫** Jennifer Elliott
- 2:00-3:00 **Yoga Blend 1/2** Amy Hayashi-Jones★
- 4:00-5:00 **YW Meditation** Chrissy Canning
- 4:30-5:30 **YW Cardio Flow® 2♫** Julie Kundert
- 4:45-6:00 **Yoga Blend 1♫** Jennifer Elliott
- 5:30-7:00 **Vinyasa Flow 2/3♫🌡** Chaz Russ
- 6:00-7:00 **BarWorks® 1/2♫** Sara Green
- 6:15-7:25 **Vinyasa Flow 2♫** Jennifer Elliott
- 7:15-8:30 **Yoga Blend 1/2♫** Sri Hari Moss
- 7:30-8:45 **Gentle Yoga♫** Karen Hartstein

TUESDAY

- 7:00-8:30 **Yoga Blend 2/3** Jackie Roberts
- 8:45-10:00 **Yoga Blend 1♫** Jessica Anderson
- 9:00-10:00 **BarWorks® 2♫** Tessa Darin
- 9:15-10:45 **YW Flow 2/3♫** Chrissy Canning
- 10:30-11:45 **Yoga Blend 1/2♫** Ericka Bryant
- 11:00-12:20 **Pre/Postnatal*♫** Robin Gruver
- 12:15-1:15 **YogaWorks 1** Lainie Devina
- 12:15-1:15 **SculptWorks® 1/2♫** Holly Butler
- 12:30-1:45 **Vinyasa Flow 2♫** Katie Stefl
- 2:00-3:00 **Therapeutics** Chris Bannister
- 3:00-4:15 **Gentle Yoga♫** Surreina Gallegos
- 4:45-6:00 **Gentle Yoga♫** Surreina Gallegos
- 5:05-6:00 **Classical Pilates Mat 1/2♫** Stephanie Milano
- 5:15-6:25 **Yoga Blend 1/2♫** Jessica Anderson
- 6:05-7:00 **TRX® 2♫** Shanda McMahon
- 6:15-7:25 **Yin Yoga 1♫** Jennifer Elliott
- 6:30-8:00 **Vinyasa Flow 2/3♫🌡** Ellen Kalmenson
- 7:05-8:35 **Iyengar 1/2** Jonathan Troen
- 7:30-8:30 **YogaWorks 1♫** Hazel Patterson

WEDNESDAY

- 6:00-7:15 **YogaWorks 1/2** Mary-Beth Demers
- 8:15-9:10 **TRX® 2♫** Geoff Link
- 8:45-10:00 **Yoga Blend 1/2♫** Maggie Mellor
- 9:15-10:15 **SculptWorks® 2/3♫** Patricia Friberg
- 9:15-10:40 **Vinyasa Flow 2/3♫** Jessica Anderson
- 10:30-11:45 **Gentle Yoga♫** Karen Hartstein
- 10:30-12:00 **Iyengar 1/2** Kishor Stein
- 10:45-12:00 **Yoga Blend 1♫** Jennifer Elliott
- 12:00-1:15 **YogaWorks 1/2** Lainie Devina
- 12:15-1:15 **Vinyasa Flow 2♫** Jennifer Elliott
- 12:15-1:15 **Contemporary Pilates Mat 1/2♫** Nicole Boyce
- 2:00-3:00 **Yoga Blend 1/2** Emma Spencer★
- 4:00-5:20 **Pre/Postnatal*♫** Robin Gruver
- 4:30-5:30 **YW Cardio Flow® 2♫** Julie Kundert
- 4:45-6:00 **Yoga Blend 1♫** Karen Hartstein
- 5:30-7:00 **Vinyasa Flow 2/3♫🌡** Chaz Russ
- 6:00-7:00 **BarWorks® 1/2♫** Sara Green
- 6:15-7:25 **Vinyasa Flow 2♫** Jennifer Elliott
- 7:15-8:30 **Yoga Blend 1/2♫** Sri Hari Moss
- 7:30-8:45 **Relax Deeply♫** Maggie Mellor

THURSDAY

- 7:00-8:30 **Yoga Blend 2/3** Jackie Roberts
- 8:45-10:00 **Yoga Blend 1♫** Jessica Anderson
- 9:00-10:00 **BarWorks® 2♫** Tessa Darin
- 9:15-10:45 **YW Flow 2/3♫** Chrissy Canning
- 10:30-11:45 **Yoga Blend 1/2♫** Ericka Bryant
- 11:00-12:20 **Pre/Postnatal*♫** Robin Gruver
- 12:15-1:15 **YogaWorks 1** Lainie Devina
- 12:15-1:15 **SculptWorks® 1/2♫** Holly Butler
- 12:30-1:45 **Vinyasa Flow 2♫** Katie Stefl
- 2:00-3:00 **Therapeutics** Chris Bannister
- 3:00-4:15 **Gentle Yoga♫** Surreina Gallegos
- 4:45-6:00 **Gentle Yoga♫** Surreina Gallegos
- 5:05-6:00 **Classical Pilates Mat 1/2♫** Stephanie Milano
- 5:15-6:25 **Yoga Blend 1/2♫** Jessica Anderson
- 6:05-7:00 **TRX® 2♫** Geoff Link
- 6:15-7:25 **Yin Yoga 1♫** Jennifer Elliott
- 6:30-8:00 **Vinyasa Flow 2/3♫🌡** Ellen Kalmenson
- 7:05-8:35 **Iyengar 1/2** Jonathan Troen
- 7:30-8:30 **YogaWorks 1♫** Hazel Patterson

FRIDAY

- 6:00-7:15 **Yoga Blend 1/2♫** Jessica Anderson
- 7:00-8:00 **YW Meditation** Hazel Patterson
- 8:15-9:10 **TRX® 2♫** Geoff Link
- 8:45-10:00 **Yoga Blend 1/2♫** Maggie Mellor
- 9:15-10:15 **SculptWorks® 2/3♫** Holly Butler
- 9:15-10:40 **Vinyasa Flow 2/3♫** Vivica Schwartz
- 10:30-12:00 **YogaWorks 1** Lainie Devina
- 12:15-1:15 **YW Flow 2** Mary-Beth Demers
- 12:15-1:15 **BarWorks® 2♫** Alana Lee
- 3:00-4:15 **Yoga Blend 1/2♫** Jennifer Elliott
- 4:30-5:45 **Yin Yoga 1♫** Jennifer Elliott
- 5:00-6:15 **Vinyasa Flow 2/3♫** Katie Stefl
- 6:00-7:15 **Yoga Blend 1♫** Sri Hari Moss

SATURDAY

- 8:00-8:55 **TRX® 2♫** Patricia Friberg
- 8:30-9:45 **YogaWorks 1/2** Lainie Devina
- 9:00-10:00 **BarWorks® 1/2♫** Patricia Friberg
- 10:00-11:25 **YogaWorks 1** Nona Chiang
- 10:15-11:45 **Vinyasa Flow 2/3♫🌡** Ellen Kalmenson
- 12:00-1:30 **Iyengar 1/2** Robyn Harrison
- 12:00-1:30 **Vinyasa Flow 2♫** Katie Stefl
- 12:15-1:45 **Fundamentals of Yoga*** ** Ellen Kalmenson
- 2:00-3:30 **Yin Yoga 1♫** Ellen Kalmenson
- 4:00-5:30 **Yoga Blend 1/2♫** Surreina Gallegos

SUNDAY

- 8:30-10:00 **YW Flow 2/3** Mary-Beth Demers
- 8:45-10:15 **YogaWorks 1♫** Hazel Patterson
- 9:00-10:00 **Pilates Fusion 1/2♫** Geoff Link
- 10:15-11:15 **TRX® 2♫** Geoff Link
- 10:45-12:15 **Vinyasa Flow 2♫** Julie Kundert
- 11:30-12:30 **Family Yoga♫**** Julie Markovitz
- 11:30-12:45 **Gentle Yoga♫** Paulette Dwyer
- 4:00-5:30 **Yoga Blend 1/2♫** Michelle Kronenberg
- 4:15-5:30 **Relax Deeply♫** Maggie Mellor
- 4:30-5:45 **Vinyasa Flow 2♫** Heather Carter

my yogaworks

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

LEGEND

♫ Music
🌡 Come prepared for room temperatures between 80-85 degrees & above.
★ Complimentary class taught by recent 500 Hour YogaWorks Teacher Training Graduate.
* Prenatal class packages are available to non-members.
** Family Yoga held on 6/23, 7/22, 8/25, 9/8
*** Fundamentals of Yoga held on 5/25, 6/8, 6/22, 7/13, 7/27, 8/10, 8/24, 9/14

Visit yogaworks.com for possible teacher substitutions & holiday hours.