yogaworks

class schedule may 13 - september 15, 2013
mission viejo
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MONDAY

- 6:30-7:55 **Vinyasa Flow 2** Debbie Berardi
- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 9:00-10:25 **Yoga Blend 1** Brinda Hari
- 10:30-11:55 **Gentle Yoga** Elizabeth Sharp
- 10:30-11:55 **Yoga Blend 1/2** Renee Chenette
- 12:00-12:55 **Contemporary Pilates Mat 2** Janet Mancinelli
- 4:30-5:55 **Yoga Blend 1/2** Diane Sutton
- 5:00-5:55 **Pilates Fusion 1/2** Robin Toavs
- 6:00-6:55 **Yin Yoga 1** Linda Trumpfheller
- 6:00-6:55 **Vinyasa Flow 2** Jacinthe Mitchell
- 7:00-7:55 **Yoga Blend 1** Megan McCarver

TUESDAY

- 9:00-10:25 **Yoga Blend 1** LB Iddings
- 9:15-10:10 **BarWorks® 1/2** Robin Toavs
- 10:30-11:55 **Yoga Blend 1/2** Bella McCloud
- 12:00-12:55 **Contemporary Pilates Mat 1/2** Janet Mancinelli
- 12:00-12:55 **YW Flow 2** Jessica Seabern
- 3:30-4:55 **Therapeutics/Back** Savita Geuther
- 5:00-5:55 **SculptWorks® 1/2** Delyer Anderson
- 6:00-7:25 **Therapeutics** Savita Geuther
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Jacinthe Mitchell
- 7:30-8:55 **Yoga Blend 1/2** Melanie Faught

WEDNESDAY

- 6:30-7:55 **Vinyasa Flow 2** Debbie Berardi
- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 9:00-10:25 **Yoga Blend 1** Brinda Hari
- 10:30-11:55 **Gentle Yoga** Elizabeth Sharp
- 10:30-11:55 **Yoga Blend 1/2** Renee Chenette
- 12:00-12:55 **BarWorks® 1/2** Robin Toavs
- 4:30-5:55 **Yoga Blend 1/2** LB Iddings
- 5:00-5:55 **Contemporary Pilates Mat 1/2** Janet Mancinelli
- 6:00-6:55 **Vinyasa Flow 2** Elizabeth Sharp
- 6:00-7:25 **Gentle Yoga** Janet Rice
- 7:00-7:55 **Yoga Blend 1** Megan McCarver
- 7:30-8:25 **Prenatal** Linda Trumpfheller

THURSDAY

- 9:00-10:25 **Yoga Blend 1** LB Iddings
- 9:15-10:10 **BarWorks® 1/2** Robin Toavs
- 10:30-11:55 **Yoga Blend 1/2** Bella McCloud
- 12:00-12:55 **Contemporary Pilates Mat 1/2** Janet Mancinelli
- 12:00-12:55 **YW Flow 2** Jessica Seabern
- 3:30-4:55 **Therapeutics/Back** Savita Geuther
- 5:00-5:55 **SculptWorks® 1/2** Delyer Anderson
- 6:00-7:25 **Therapeutics** Savita Geuther
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Jacinthe Mitchell
- 7:30-8:55 **Yoga Blend 1/2** Melanie Faught

FRIDAY

- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 10:30-11:55 **Yoga Blend 1/2** Elizabeth Sharp
- 10:30-11:55 **Therapeutics** Savita Geuther
- 12:00-12:55 **Pilates Fusion 1/2** Janet Mancinelli
- 12:00-1:10 **YW Flow 2/3** 🌡 Jessica Seabern
- 4:00-4:55 **Meditation** Savita Geuther
- 5:00-5:55 **BarWorks® 1/2** Robin Toavs
- 6:00-6:55 **Yin Yoga 1** Linda Trumpfheller

SATURDAY

- 8:00-8:55 **Contemporary Pilates Mat 2** Robin Toavs
- 8:00-9:25 **Gentle Yoga** Linda Trumpfheller
- 9:00-10:10 **Yoga Blend 1/2** LB Iddings
- 9:30-10:55 **Vinyasa Flow 2** Rob Glick
- 11:00-11:55 **Yoga Blend 1** Megan McCarver
- 12:30-1:55 **Yoga w/ Ropes 1/2** Bob Metzler
- 2:15-3:30 **Nei Gong** Bob Metzler
- 4:30-5:55 **Vinyasa Flow 2** Bella McCloud

SUNDAY

- 8:30-9:55 **Vinyasa Flow 2/3** 🌡 Jacinthe Mitchell
- 9:00-9:55 **SculptWorks® 1/2** Josh Plotkin
- 10:00-11:25 **Vinyasa Flow 2** Jon Burras
- 11:45-1:15 **Yoga Blend 1** Jon Burras
- 4:00-4:55 **Yoga Blend 1/2** Melanie Faught
- 5:00-5:55 **Restoratives** Melanie Faught

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LEGEND

🌡 Come prepared for room temperatures 85 degrees & above.

Visit yogaworks.com for substitute teachers & holiday hours.