yogaworks

class schedule july 12 - september 15, 2014
brooklyn heights
210 joralemon street • brooklyn heights, ny 11201
718.687.4340 • yogaworks.com

MONDAY

6:45-7:40	**TRX® 1/2♫** Emily Fawcett-White
7:15-8:25	**YW Flow 2** Brendan Rooney
9:30-10:40	**Vinyasa Flow 1/2♫** Jen Whitney
9:45-10:40	**BarWorks® 1/2♫** Heather Seagraves
11:00-12:10	**Vinyasa Flow 2♫** Jen Guarnieri
12:30-1:25	**Pilates Mat 1/2** Valarie Samulski
12:45-1:40	**YogaWorks 1** John Ford
5:15-6:25	**YogaWorks 1/2** Catilin Casella
5:30-6:25	**TRX® 1/2♫** Angela Botta
6:30-7:40	**Hatha Yoga 2♫** Denise Hopkins
6:45-7:55	**Vinyasa Flow 2/3♫** Angela Botta
8:00-9:10	**Vinyasa Flow 2♫** David Silverberg
8:15-9:10	**SculptWorks® 1/2♫** Tim Bish

TUESDAY

6:45-7:40	**BarWorks® 1/2♫** Cynthia Bettis
7:30-8:25	**Vinyasa Flow 2/3♫** Monja Ecker
7:45-8:40	**SculptWorks® 1/2♫** Cynthia Bettis
9:45-10:40	**TRX® 2♫** John Ford
10:00-11:10	**Vinyasa Flow 2♫** Ruah Bhay
11:00-12:10	**Hatha Yoga 1/2♫** Holly Ramey
12:15-1:25	**Vinyasa Flow 2/3♫** Aarona Pichinson
12:35-1:30	**SculptWorks® 1/2♫** Brandon Anthony Prather
5:15-6:10	**BarWorks® 2♫**** Holly Jean Cosner
5:30-6:40	**YW Flow 2/3** Heather Seagraves
6:30-7:25	**Pilates Mat 1/2** Lindsay Ashmun
6:45-7:55	**Vinyasa Flow 2♫** Sangeeta Vallabhan
7:30-8:40	**Vinyasa Flow 2/3♫** Lindsay Ashmun
8:15-9:10	**YogaWorks 1** Melissa Bourgeois

WEDNESDAY

6:45-7:40	**TRX® 1/2♫** Emily Fawcett-White
7:15-8:25	**YW Flow 2** Brendan Rooney
9:30-10:40	**Vinyasa Flow 1/2♫** Tim Bish
9:45-10:40	**BarWorks® 1/2♫** Heather Seagraves
11:00-12:10	**Vinyasa Flow 2♫** Jen Guarnieri
12:30-1:25	**Pilates Mat 1/2** Valarie Samulski
12:45-1:40	**YogaWorks 1** John Ford
5:15-6:25	**YogaWorks 1/2** Catilin Casella
5:30-6:25	**TRX® 1/2♫** Angela Botta
6:30-7:40	**Hatha Yoga 2♫** Denise Hopkins
6:45-7:55	**Vinyasa Flow 2/3♫** Angela Botta
8:00-9:10	**Vinyasa Flow 2♫** David Silverberg
8:15-9:10	**SculptWorks® 1/2♫** Tim Bish

THURSDAY

6:45-7:40	**BarWorks® 1/2♫** Cynthia Bettis
7:30-8:25	**Vinyasa Flow 2/3♫** Monja Ecker
7:45-8:40	**SculptWorks® 1/2♫** Cynthia Bettis
9:45-10:40	**TRX® 2♫** John Ford
10:00-11:10	**Vinyasa Flow 2♫** Ruah Bhay
11:00-12:10	**Hatha Yoga 1/2♫** Holly Ramey
12:15-1:25	**Vinyasa Flow 2/3♫** Aarona Pichinson
12:35-1:30	**SculptWorks® 1/2♫** Brandon Anthony Prather
5:15-6:10	**BarWorks® 2♫**** Holly Jean Cosner
5:30-6:40	**YW Flow 2/3** Heather Seagraves
6:30-7:25	**Pilates Mat 1/2** Lindsay Ashmun
6:45-7:55	**Vinyasa Flow 2♫** Sangeeta Vallabhan
7:30-8:40	**Vinyasa Flow 2/3♫** Lindsay Ashmun
8:15-9:10	**YogaWorks 1♫** Melissa Bourgeois

FRIDAY

6:45-7:40	**TRX® 1/2♫** Emily Fawcett-White
7:15-8:25	**YW Flow 2** Brendan Rooney
9:30-10:40	**Vinyasa Flow 1/2♫** Jen Whitney
9:45-10:40	**BarWorks® 1/2♫** Cynthia Bettis
11:00-12:10	**Vinyasa Flow 2♫** Jen Guarnieri
12:45-1:40	**YogaWorks 1/2** John Ford
5:30-6:25	**TRX® 1/2♫** Angela Botta
5:30-6:40	**Vinyasa Flow 2♫** Holly Ramey
6:45-7:40	**Restorative♫** Holly Ramey
6:45-7:55	**Yin & Yang 2♫** Angela Botta

SATURDAY

9:00-9:55	**SculptWorks® 1/2♫** Brendan Rooney
10:15-11:05	**Fundamentals of Yoga*** Brendan Rooney
10:15-11:25	**Vinyasa Flow 2/3♫** Kevin Lamb
11:30-12:40	**YogaWorks 1/2** Katharine Lucic
11:45-12:55	**Vinyasa Flow 2♫** Sangeeta Vallabhan
4:30-5:50	**Urban Zen 1** Keely Garfield
5:00-6:10	**Vinyasa Flow 2/3♫** Sherman Morris

SUNDAY

9:15-10:10	**BarWorks® 1/2♫** Cynthia Bettis
10:15-11:25	**YW Flow 2♫** Karla Misjan
10:35-11:30	**TRX® 1/2♫** Emily Fawcett-White
11:45-1:10	**Vinyasa Flow 2/3♫** Aarona Pichinson
5:30-6:40	**Vinyasa Flow 1/2♫** Melissa Bourgeois
6:45-7:40	**Restorative♫** Melissa Bourgeois

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

LEGEND

- * Class is limited, pre-registration required. First time students given priority. Call studio for details. Priority will be given to first time students. Call studio for details.
- ** Classes will begin August 5
- ♫ Music

Visit yogaworks.com or download our mobile app for substitute teachers & holiday hours.