yogaworks®

class schedule january 13 - may 11, 2014
west hollywood
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MONDAY

6:30-7:55	**Vinyasa Flow 2/3** Anthony Benenati
6:30-8:30	**Ashtanga/Mysore*** Maria Zavala
8:30-9:40	**Hatha Yoga 1** Anthony Benenati
9:00-9:55	**Hatha Yoga 1/2** Maud Nadler
10:30-11:55	**Vinyasa Flow 2/3** Jenn Abel
12:30-1:25	**Vinyasa Flow 2♫** Ashley Platz
4:30-5:40	**Vinyasa Flow 2** Stella Choe
6:00-7:10	**YogaWorks 1/2** Romy Phillips
7:15-8:25	**Iyengar 1/2** Vladimir Jandov
7:30-8:55	**Vinyasa Flow 2** Alain Benatar

TUESDAY

6:30-7:55	**Hatha Yoga 2/3♫** Rebecca Benenati
8:30-9:40	**YogaWorks 1** Amy Lafond
9:00-9:55	**Hatha Yoga 1/2** Maud Nadler
10:15-11:25	**Pre/Postnatal** Kate Eales
10:30-11:55	**Vinyasa Flow 2/3** Jeremy Simpkin
12:15-1:25	**Vinyasa Flow 2♫** Jorge Luna
2:00-3:10	**Hatha Yoga 1/2** Reda Zvinas★
4:30-5:40	**YW Flow 2/3♫** Sarah Ezrin
6:00-7:10	**Hatha Yoga 1** Grant Mattos
7:30-8:55	**Iyengar 1/2** Marla Apt
7:45-9:10	**Vinyasa Flow 2♫** Chris Armas

WEDNESDAY

6:30-7:55	**Vinyasa Flow 2/3** Jenn Abel
6:30-8:30	**Ashtanga/Mysore*** Maria Zavala
8:30-9:40	**Hatha Yoga 1** Tom Jermain
9:00-9:55	**Hatha Yoga 1/2** Maud Nadler
10:30-11:55	**Vinyasa Flow 2/3♫** Vinnie Marino
12:30-1:25	**Vinyasa Flow 2♫** Ashley Platz
4:30-5:40	**Vinyasa Flow 2** Stella Choe
6:00-7:10	**YogaWorks 1/2** Romy Phillips
7:15-8:25	**Iyengar 1/2** Vladimir Jandov
7:30-8:55	**Vinyasa Flow 2** Alain Benatar

THURSDAY

6:30-7:55	**Hatha Yoga 2/3♫** Rebecca Benenati
8:30-9:40	**YogaWorks 1** Amy Lafond
9:00-9:55	**Hatha Yoga 1/2** Maud Nadler
10:15-11:25	**Pre/Postnatal** Kate Eales
10:30-11:55	**Vinyasa Flow 2/3** Jeremy Simpkin
12:15-1:25	**Vinyasa Flow 2♫** Jorge Luna
2:00-3:10	**Hatha Yoga 1/2** Christine Frost★
4:30-5:40	**YW Flow 2/3♫** Sarah Ezrin
6:00-7:10	**Hatha Yoga 1** Grant Mattos
7:30-8:55	**Iyengar 1/2** Marla Apt
7:45-9:10	**Vinyasa Flow 2♫** Chris Armas

FRIDAY

6:30-7:55	**Vinyasa Flow 2/3** Anthony Benenati
6:30-8:30	**Ashtanga/Mysore*** Maria Zavala
8:30-9:40	**Hatha Yoga 1** Anthony Benenati
9:00-9:55	**Hatha Yoga 1/2** Maud Nadler
10:30-11:55	**Vinyasa Flow 2/3♫** Vinnie Marino
12:30-1:25	**Vinyasa Flow 2♫** Ashley Platz
4:30-5:40	**Vinyasa Flow 2** Stella Choe
6:00-6:55	**Hatha Yoga 1/2♫** Tom Jermain

SATURDAY

8:30-9:40	**Hatha Yoga 1** Anthony Benenati
9:00-10:25	**Hatha Yoga 3♫** Rebecca Benenati
10:15-11:25	**Gentle Yoga** Linda Eifer
11:00-12:10	**Pre/Postnatal** Kate Eales
12:00-1:25	**Hatha Yoga 2♫** Joe Kara
4:00-5:25	**Vinyasa Flow 2/3♫** Vinnie Marino
5:00-5:55	**Hatha Yoga 1/2♫** Tom Jermain

SUNDAY

8:15-9:40	**Iyengar 2** Marla Apt
8:30-9:25	**Hatha Yoga 2♫** Tom Jermain
10:00-11:25	**Vinyasa Flow 2/3♫** Vinnie Marino
11:00-12:10	**YogaWorks 1** Kerrie Cason
12:00-1:25	**Hatha Yoga 2♫** Alain Benatar
4:30-5:25	**Vinyasa Flow 2♫** Tom Jermain
4:45-5:55	**Hatha Yoga 1/2** Jenn Abel
6:00-7:25	**Restoratives** Sharon Skok

LEGEND

Ashtanga/Mysore classes do not meet on new and full moon: 1/15, 2/14, 2/28, 4/2

♫ Led by music

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