yogaworks

class schedule may 13 - september 15, 2013
south bay
740 allied way • el segundo, ca 90245
310.322.6500 • yogaworks.com

MONDAY

6:00-8:00	**Ashtanga/Mysore***	Natale Ferreira
6:30-7:30	**Vinyasa Flow 2**	Anne Van Valkenburg
7:45-9:00	**Yoga Blend 1♫**	Veronica Wolkow
8:30-9:45	**Vinyasa Flow 2/3♫**	Genevieve Pujalet
9:30-10:50	**Yoga Blend 2♫**	Jorge Luna
10:00-11:20	**Restoratives**	Jennifer Edwards
11:00-12:25	**Yoga Blend 1/2♫**	Aimée Donahue
11:30-12:55	**Prenatal♫**	Patricia Grube
12:15-1:15	**SculptWorks® 2/3♫**	Jorge Luna
12:45-1:45	**Vinyasa Flow 2/3♫**	Angela Kukhahn
2:05-3:15	**Baby & Me (6 wks-pre-walkers)**	Patricia Grube
4:30-5:55	**YogaWorks 1/2**	Greville Henwood
5:00-5:55	**YW Cardio Flow® 2♫**	Shelley Williams
5:00-5:55	**BarWorks® 1/2♫**	Roxanne Captor
6:00-7:00	**BarWorks® 2♫**	Chappell Westlake
6:15-7:30	**Vinyasa Flow 2/3♫**	Marla Wedge
6:15-7:40	**Iyengar 1/2**	Koren Paalman
7:35-8:55	**Candle Flow 2♫**	John Neidlinger
7:45-9:05	**Gentle Yoga**	Casey Coda
7:45-9:15	**YogaWorks 1/2♫**	Rachael Simmons

TUESDAY

6:00-8:00	**Ashtanga/Mysore***	Natale Ferreira
6:15-7:25	**Yoga Blend 1/2**	Yvette Hamaya
8:30-9:45	**YogaWorks 2/3♫**	David Kim
9:15-10:15	**BarWorks® 2♫**	Chappell Westlake
10:00-11:30	**Vinyasa Flow 2♫**	Shelley Williams
10:30-12:00	**Iyengar 2**	Jennifer Edwards
11:00-12:20	**Kundalini 1♫**	Pete Lee
12:00-1:00	**Yoga Blend 1/2♫**	Romy Phillips
12:30-1:30	**Vinyasa Flow 2/3♫**	Thomas Taubman
12:30-1:30	**Classical Pilates Mat 1/2♫**	Alisa Wyatt
2:30-3:55	**Gentle Yoga**	Amy Rose Stabley
4:30-5:25	**BarWorks® 1/2♫**	Sarah Kovar
4:30-5:50	**YogaWorks 1**	Chris Armas
4:45-6:00	**Vinyasa Flow 2/3**	Jorge Luna
5:30-6:30	**DanceWorks® 1♫**	Brandon Anthony
6:00-7:25	**Vinyasa Flow 2♫**	David Lynch
6:10-7:40	**YogaWorks 1/2**	Anne Van Valkenburg
6:45-7:40	**SculptWorks® 2/3♫**	Rachel Ross
7:35-8:50	**Yoga Blend 1/2♫**	Romy Phillips
7:45-9:15	**Yin Yoga 1♫**	Doug Binzak

WEDNESDAY

6:00-8:00	**Ashtanga/Mysore***	Natale Ferreira
6:30-7:25	**TRX® 2♫**	Maeve McCaffrey
6:30-7:30	**Vinyasa Flow 2**	Anne Van Valkenburg
7:45-9:00	**Yoga Blend 1♫**	Veronica Wolkow
8:30-9:45	**Vinyasa Flow 2/3♫**	Genevieve Pujalet
9:30-10:50	**Yoga Blend 2♫**	Jorge Luna
10:00-11:20	**Restoratives**	Jennifer Edwards
11:00-12:25	**Kundalini 1/2♫**	Aimée Donahue
11:30-12:55	**Pre/Postnatal♫**	Amy Rose Stabley
12:15-1:15	**SculptWorks® 2/3♫**	Jorge Luna
12:45-1:45	**Vinyasa Flow 2/3♫**	Angela Kukhahn
1:30-2:30	**Yoga Blend 1/2**	Laura Conley★
4:30-5:55	**YogaWorks 1/2**	Greville Henwood
5:00-5:55	**YW Cardio Flow® 2♫**	Shelley Williams
5:00-5:55	**BarWorks® 1/2♫**	Roxanne Captor
6:00-7:00	**BarWorks® 2♫**	Chappell Westlake
6:15-7:30	**Vinyasa Flow 2/3♫**	Marla Wedge
6:15-7:40	**Iyengar 1/2**	Koren Paalman
7:35-8:55	**Candle Flow 2♫**	John Neidlinger
7:45-9:05	**Gentle Yoga**	Casey Coda
7:45-9:15	**YogaWorks 1/2♫**	Rachael Simmons

THURSDAY

6:00-8:00	**Ashtanga/Mysore***	Natale Ferreira
6:15-7:25	**Yoga Blend 1/2**	Yvette Hamaya
8:30-9:45	**YogaWorks 2/3♫**	David Kim
9:15-10:15	**BarWorks® 2♫**	Chappell Westlake
10:00-11:30	**Vinyasa Flow 2♫**	Shelley Williams
10:30-12:00	**Iyengar 2**	Jennifer Edwards
11:00-12:20	**Kundalini 1♫**	Pete Lee
12:00-1:00	**Yoga Blend 1/2♫**	Romy Phillips
12:30-1:30	**Vinyasa Flow 2/3♫**	Thomas Taubman
12:30-1:30	**Classical Pilates Mat 1/2♫**	Monica Schuller
2:30-3:55	**Gentle Yoga**	Amy Rose Stabley
4:30-5:25	**BarWorks® 1/2♫**	Sarah Kovar
4:30-5:50	**YogaWorks 1**	Chris Armas
4:45-6:00	**Vinyasa Flow 2/3**	Jorge Luna
5:30-6:30	**DanceWorks® 1♫**	Brandon Anthony
6:00-7:25	**Vinyasa Flow 2♫**	David Lynch
6:10-7:40	**YogaWorks 1/2**	Anne Van Valkenburg
6:45-7:40	**SculptWorks® 2/3♫**	Chappell Westlake
7:35-8:50	**Yoga Blend 1/2♫**	Romy Phillips
7:45-9:15	**Yin Yoga 1♫**	Doug Binzak

FRIDAY

6:30-7:25	**TRX® 2♫**	Maeve McCaffrey
6:30-7:30	**Vinyasa Flow 2**	Anne Van Valkenburg
6:30-8:00	**Ashtanga/Led**	Natale Ferreira
7:45-9:00	**Yoga Blend 1♫**	Veronica Wolkow
8:30-9:45	**Vinyasa Flow 2/3♫**	Genevieve Pujalet
9:30-10:50	**Yoga Blend 2♫**	Jorge Luna
11:00-12:25	**Yoga Blend 1/2♫**	Aimée Donahue
11:30-12:55	**Prenatal♫**	Patricia Grube
12:15-1:15	**SculptWorks® 2/3♫**	Jorge Luna
12:45-2:00	**Vinyasa Flow 2/3♫**	Angela Kukhahn
1:30-2:30	**Yoga Blend 1/2**	Mary Goodell★
4:30-5:55	**YogaWorks 1/2**	Greville Henwood
6:00-7:00	**BarWorks® 1/2♫**	Petra Polinkova
6:00-7:30	**Vinyasa Flow 2/3♫**	Bianca McClellan-Fearon
6:15-7:40	**Iyengar 1/2**	Koren Paalman
7:45-9:00	**Relax Deeply**	Lee Wolfort

SATURDAY

7:30-8:50	**YogaWorks 1**	Kim Haegele
8:00-8:55	**SculptWorks® 1/2♫**	Maeve McCaffrey
8:45-10:00	**Yoga Blend 1/2**	Jorge Luna
9:00-9:55	**TRX® 2/3♫**	Maeve McCaffrey
9:00-10:25	**Vinyasa Flow 2/3♫**	Marla Wedge
10:00-10:55	**DanceWorks® 1♫**	Lennon Hobson
10:30-11:55	**Yoga Blend 2**	Casey Coda
10:45-12:15	**Vinyasa Flow 2/3♫**	Genevieve Pujalet
11:00-11:55	**Contemporary Pilates Mat 2♫**	Monica Schuller
12:15-1:15	**BarWorks® 1/2♫**	Monica Schuller
12:30-1:30	**YogaWorks 1**	Chris Armas
12:30-1:45	**Kundalini 1/2♫**	Pete Lee
1:45-2:45	**Fundamentals of Yoga**	Teacher Varies
4:00-5:25	**Iyengar 1**	Jennifer Edwards
5:15-6:45	**Yoga Blend 1/2♫**	Szymon Wojcik

SUNDAY

7:30-8:50	**YogaWorks 1**	Kim Haegele
8:30-10:00	**Vinyasa Flow 2/3**	Susie Frank
9:00-10:00	**Family Yoga****	Veronica Wolkow
9:00-10:25	**Yoga Blend 1/2**	Bebe Chianni Lin
10:15-11:15	**SculptWorks® 1/2♫**	Chappell Westlake
10:15-11:45	**YogaWorks 2♫**	David Kim
10:45-12:00	**Vinyasa Flow 2/3♫**	John Neidlinger
11:30-12:30	**BarWorks® 1/2♫**	Chappell Westlake
1:30-2:30	**Contemporary Pilates Mat 1/2♫**	Monica Schuller
2:30-3:50	**Gentle Yoga**	Amy Rose Stabley
4:00-5:25	**Yoga w/ Ropes 1/2**	Jennifer Edwards
5:15-6:45	**Yoga Blend 1/2♫**	Szymon Wojcik
5:30-6:55	**Vinyasa Flow 2/3♫**	Angela Kukhahn

my yogaworks

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

LEGEND

- * Ashtanga/Mysore classes do not meet on new & full moon: 5/24, 6/8, 7/8, 7/22, 8/6, 8/20, 9/5
- ** Family Yoga is held every other Sunday of each month.
- ♫ Music
- ★ Complimentary class taught by recent 500 Hour YogaWorks Teacher Training Graduate.

Visit yogaworks.com for substitute teachers & holiday hours.