yogaworks

class schedule january 13 - may 11, 2014
westlake village
2475 townsgate rd. • westlake village, ca 91361
805.371.3030 • yogaworks.com

MONDAY

6:00-7:10	**YogaWorks 1/2** Mary-Beth Demers
8:15-9:10	**SculptWorks® 2/3**♫ Patricia Friberg
8:45-9:55	**Hatha Yoga 1/2**♫ Jessica Anderson
9:15-10:10	**TRX® 2**♫ Patricia Friberg
9:15-10:40	**Vinyasa Flow 2/3**♫ Vivica Schwartz
10:30-11:40	**Gentle Yoga**♫ Karen Hartstein
10:30-11:55	**Iyengar 1/2** Robyn Harrison
12:00-1:10	**YogaWorks 1/2** Lainie Devina
12:15-1:10	**Pilates Mat 1/2**♫ Geoff Link
12:15-1:25	**Vinyasa Flow 2/3**♫ Jennifer Elliott
2:00-2:55	**Hatha Yoga 1/2** Christi O'Connell★
4:00-4:55	**YW Meditation** Chrissy Canning
4:30-5:25	**YW Cardio Flow 2**♫ Julie Kundert
4:45-5:55	**Hatha Yoga 1**♫ Jennifer Elliott
5:30-6:55	**Vinyasa Flow 2/3**♫ 🌡 Chaz Russ
6:00-6:55	**BarWorks® 1/2**♫ Sara Green
6:15-7:25	**Vinyasa Flow 2**♫ Jennifer Elliott
7:15-8:25	**Hatha Yoga 1/2**♫ Sri Hari Moss
7:30-8:40	**Gentle Yoga**♫ Karen Hartstein

TUESDAY

7:00-8:25	**YW Flow 2** Lainie Devina
8:45-9:55	**Hatha Yoga 1**♫ Jessica Anderson
9:00-9:55	**BarWorks® 2**♫ Holly Butler
9:15-10:40	**YW Flow 2/3**♫ Chrissy Canning
10:30-11:40	**Hatha Yoga 1/2**♫ Ericka Bryant
11:00-12:20	**Pre/Postnatal***♫ Robin Gruver
12:15-1:10	**YogaWorks 1** Lainie Devina
12:15-1:10	**SculptWorks® 1/2**♫ Holly Butler
12:30-1:40	**Vinyasa Flow 2**♫ Julie Kundert
2:00-2:55	**Therapeutics** Chris Bannister
3:00-4:10	**Gentle Yoga**♫ Surreina Gallegos
4:45-5:55	**Gentle Yoga**♫ Surreina Gallegos
5:05-6:00	**Pilates Mat 1/2**♫ Stephanie Milano
5:15-6:25	**Hatha Yoga 1/2**♫ Jessica Anderson
6:05-7:00	**TRX® 2**♫ Geoff Link
6:15-7:25	**Yin Yoga 1**♫ Jennifer Elliott
6:30-7:55	**Vinyasa Flow 2/3**♫ 🌡 Ellen Kalmenson
7:05-8:30	**Iyengar 1/2** Jonathan Troen
7:30-8:40	**YogaWorks 1**♫ Hazel Patterson

WEDNESDAY

6:00-7:10	**YogaWorks 1/2** Mary-Beth Demers
8:15-9:10	**TRX® 2**♫ Geoff Link
8:45-9:55	**Hatha Yoga 1/2**♫ Maggie Mellor
9:15-10:10	**SculptWorks® 2/3**♫ Yvonne Kelly
9:15-10:40	**Vinyasa Flow 2/3**♫ Jessica Anderson
10:30-11:40	**Gentle Yoga**♫ Karen Hartstein
10:30-11:55	**Iyengar 1/2** Robyn Harrison
10:45-11:55	**Hatha Yoga 1**♫ Jennifer Elliott
12:00-1:10	**YogaWorks 1/2** Lainie Devina
12:15-1:10	**Pilates Mat 1/2**♫ Nicole Boyce
12:15-1:25	**Vinyasa Flow 2**♫ Jennifer Elliott
2:00-2:55	**Hatha Yoga 1/2** Frank Olivo★
4:00-5:20	**Pre/Postnatal***♫ Robin Gruver
4:30-5:25	**YW Cardio Flow 2**♫ Julie Kundert
4:45-5:55	**Hatha Yoga 1**♫ Karen Hartstein
5:30-6:55	**Vinyasa Flow 2/3**♫ 🌡 Chaz Russ
6:00-6:55	**BarWorks® 1/2**♫ Sara Green
6:15-7:25	**Vinyasa Flow 2**♫ Katie Stefl
7:15-8:25	**Hatha Yoga 1/2**♫ Sri Hari Moss
7:30-8:40	**Restoratives** ♫ Maggie Mellor

THURSDAY

7:00-8:25	**YW Flow 2** Lainie Devina
8:45-9:55	**Hatha Yoga 1**♫ Jessica Anderson
9:00-9:55	**BarWorks® 2**♫ Holly Butler
9:15-10:40	**YW Flow 2/3**♫ Chrissy Canning
10:30-11:40	**Hatha Yoga 1/2**♫ Ericka Bryant
11:00-12:20	**Pre/Postnatal***♫ Robin Gruver
12:15-1:10	**YogaWorks 1** Lainie Devina
12:15-1:10	**SculptWorks® 1/2**♫ Holly Butler
12:30-1:40	**Vinyasa Flow 2**♫ Julie Kundert
2:00-2:55	**Therapeutics** Chris Bannister
3:00-4:10	**Gentle Yoga**♫ Surreina Gallegos
4:45-5:55	**Gentle Yoga**♫ Surreina Gallegos
5:05-6:00	**Pilates Mat 1/2**♫ Stephanie Milano
5:15-6:25	**Hatha Yoga 1/2**♫ Jessica Anderson
6:05-7:00	**TRX® 2**♫ Geoff Link
6:15-7:25	**Yin Yoga 1**♫ Jennifer Elliott
6:30-7:55	**Vinyasa Flow 2/3**♫ 🌡 Ellen Kalmenson
7:05-8:30	**Iyengar 1/2** Jonathan Troen
7:30-8:40	**YogaWorks 1**♫ Hazel Patterson

FRIDAY

6:00-7:10	**Hatha Yoga 1/2**♫ Jessica Anderson
8:15-9:10	**TRX® 2**♫ Geoff Link
8:45-9:55	**Hatha Yoga 1/2**♫ Maggie Mellor
9:15-10:10	**SculptWorks® 2/3**♫ Holly Butler
9:15-10:40	**Vinyasa Flow 2/3**♫ Vivica Schwartz
10:30-11:40	**YogaWorks 1** Lainie Devina
12:15-1:10	**BarWorks® 2**♫ Tessa Darin
12:15-1:25	**YW Flow 2** Mary-Beth Demers
12:45-1:55	**Urban Zen 1** Hazel Patterson
3:00-4:10	**Hatha Yoga 1/2**♫ Jennifer Elliott
4:30-5:40	**Yin Yoga 1**♫ Jennifer Elliott
5:00-6:10	**Vinyasa Flow 2/3**♫ Liz Blanding
6:00-7:10	**Hatha Yoga 1**♫ Sri Hari Moss

SATURDAY

8:00-8:55	**TRX® 2**♫ Patricia Friberg
8:30-9:40	**YogaWorks 1/2** Lainie Devina
9:00-9:55	**BarWorks® 1/2**♫ Patricia Friberg
10:00-11:25	**YogaWorks 1** Nona Chiang
10:15-11:40	**Vinyasa Flow 2/3**♫ 🌡 Ellen Kalmenson
12:00-1:25	**Iyengar 1/2** Rebecca Lascoe
12:00-1:25	**Vinyasa Flow 2**♫ Katie Stefl
12:15-1:40	**Fundamentals of Yoga*** ** Ellen Kalmenson
2:00-3:25	**Yin Yoga 1**♫ Ellen Kalmenson
4:00-5:25	**Hatha Yoga 1/2**♫ Surreina Gallegos

SUNDAY

8:30-9:55	**YW Flow 2/3** Mary-Beth Demers
8:45-10:10	**YogaWorks 1**♫ Hazel Patterson
9:00-9:55	**Pilates Mat 1/2**♫ Geoff Link
10:15-11:10	**TRX® 2**♫ Geoff Link
10:45-12:10	**Vinyasa Flow 2**♫ Julie Kundert
11:30-12:25	**Family Yoga**♫** Julie Markovitz
11:30-12:40	**Gentle Yoga**♫ Paulette Dwyer
4:00-5:25	**Hatha Yoga 1/2**♫ Michelle Kronenberg
4:15-5:25	**Restoratives** ♫ Maggie Mellor
4:30-5:40	**Vinyasa Flow 2**♫ Heather Carter

Pilates Reformer Schedule

Beginner
Wednesday: 5pm

Pilates for Men
Wednesday: 7pm

Intermediate
Monday: 9am, 10:30am, 5pm, 6pm
Wednesday: 9am, 10am, 11am, 6pm
Thursday: 10am, 6pm
Friday: 8 am, 9am
Saturday: 8am
Sunday: 10am

Advanced
Thursday: 9am

Pilates for Athletes
Tuesday: 10am

Group Classes (1 hour). Additional fee required. Call to register.
Check for newly added Reformer classes online or with the front desk staff.

LEGEND

- * Prenatal class packages are available to non-members.
- ** Family Yoga held on 2/16, 3/2 & 4/27
- *** Class size limited, pre-registration required. First time students given priority. Call studio for details. Held on 1/18, 2/1, 2/15, 3/1, 3/15, 4/12, 4/26 & 5/10
- ♫ Led by music
- 🌡 Room temperatures 80 degrees and above.
- ★ Class taught by recent YogaWorks Teacher Training graduate (500 hours).

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