yogaworks

class schedule january14 - may 12, 2013
larchmont
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323.464.1276 yogaworks.com

MONDAY

- 6:30-8:00 **Vinyasa Flow 2/3♫** Billy Gill
- 8:30-9:55 **YogaWorks 1** Anne Van Valkenburg
- 9:30-10:55 **Vinyasa Flow 2♫** Maria Zavala
- 10:00-11:30 **Vinyasa Flow 2/3♫ with meditation** Jeanne Heileman
- 11:00-1:00 **Ashtanga/Mysore*** Jodi Blumstein
- 11:45-12:45 **Vinyasa Flow 2/3♫** David Lynch
- 12:00-1:30 **Pre & Postnatal** Patti Lewis
- 1:00-2:25 **Vinyasa Flow 2/3♫** Whitney Allen
- 2:00-3:15 **Urban Zen 1** Carmen Fitzgibbon
- 2:30-4:00 **YogaWorks 1** Nona Chiang
- 4:00-5:30 **YogaWorks 1/2** Carmen Fitzgibbon
- 4:30-5:50 **Vinyasa Flow 2/3♫** Joan Hyman
- 6:00-7:30 **Iyengar 2** Paul Cabanis
- 6:00-7:30 **Vinyasa Flow 2/3♫** Caleb Asch
- 6:15-7:45 **Pre/Postnatal** Patricia Starr
- 7:45-9:15 **Vinyasa Flow 2/3♫** Caleb Asch
- 8:00-9:00 **Yoga Blend 1** Hazel Patterson
- 8:00-9:30 **Yoga Blend 1/2** Jeanne Heileman

TUESDAY

- 6:30-8:00 **Ashtanga Prep** Jodi Blumstein
- 8:00-9:25 **Iyengar 1/2** Nancy Sandercock
- 8:30-9:55 **Vinyasa Flow 2/3♫** Carolina Goldberg
- 9:00-10:30 **Yoga Blend 1/2** Diana Beardsley
- 9:30-10:55 **Yoga Blend 1** Michele Rappaport
- 10:00-11:30 **Yoga Blend 2** Eka Ekong
- 11:00-12:25 **HIV (no charge)** Michele Rappaport
- 11:00-1:00 **Ashtanga/Mysore*** Jodi Blumstein
- 12:00-1:25 **YogaWorks 2/3♫** Joan Hyman
- 1:30-2:30 **Vinyasa Flow 2♫** Szymon Wojcik
- 2:30-4:00 **YogaWorks 1** Kim Fisch
- 4:00-5:30 **YogaWorks 1/2** Amy Lafond
- 4:30-5:50 **Vinyasa Flow 2/3♫** Vinnie Marino
- 4:30-5:50 **Yoga Blend 1** Colleen Garrity
- 6:00-7:25 **Vinyasa Flow 2/3♫** Caleb Asch
- 6:15-7:45 **Iyengar 2** Koren Paalman
- 6:30-7:50 **Yoga Blend 1/2** Carmen Fitzgibbon
- 7:30-8:50 **Vinyasa Flow 2/3♫** Whitney Allen
- 8:00-9:00 **Contemporary Pilates Mat 1/2** Monica Schuller
- 8:00-9:30 **Yoga Blend 1** Maria Zavala
- 9:00-10:00 **Vinyasa Flow 2♫** Whitney Allen

WEDNESDAY

- 6:30-8:00 **Vinyasa Flow 2/3♫** Billy Gill
- 8:30-9:55 **YogaWorks 1** Anne Van Valkenburg
- 9:30-10:55 **Vinyasa Flow 2♫** Maria Zavala
- 10:00-11:30 **Vinyasa Flow 2/3♫ with meditation** Jeanne Heileman
- 11:00-1:00 **Ashtanga/Mysore*** Jodi Blumstein
- 11:45-12:45 **Vinyasa Flow 2/3♫** David Lynch
- 1:00-2:25 **Vinyasa Flow 2/3♫** Whitney Allen
- 2:30-4:00 **YogaWorks 1** Nona Chiang
- 4:00-5:30 **YogaWorks 1/2** Carmen Fitzgibbon
- 4:30-5:50 **Vinyasa Flow 2/3♫** Joan Hyman
- 4:30-5:50 **Gentle/Viniyoga** Fred Miller
- 6:00-7:25 **Vinyasa Flow 2/3♫** Colleen Garrity
- 6:00-7:30 **Iyengar 1/2** Nancy Sandercock
- 6:15-7:45 **Pre/Postnatal** Patricia Starr
- 7:30-9:00 **Yoga Blend 2** Jeanne Heileman
- 7:45-9:15 **Vinyasa Flow 2/3♫** Caleb Asch
- 8:00-9:00 **Yoga Blend 1** Hazel Patterson

THURSDAY

- 6:30-8:00 **Ashtanga Prep** Jodi Blumstein
- 8:00-9:25 **Iyengar 1/2** Nancy Sandercock
- 8:30-9:55 **Vinyasa Flow 2/3♫** Carolina Goldberg
- 9:00-10:30 **Yoga Blend 1/2** Diana Beardsley
- 9:30-10:55 **Yoga Blend 1** Michele Rappaport
- 10:00-11:30 **Yoga Blend 2** Eka Ekong
- 11:00-12:25 **HIV (no charge)** Michele Rappaport
- 11:00-1:00 **Ashtanga/Mysore*** Jodi Blumstein
- 12:00-1:25 **YogaWorks 2/3♫** Joan Hyman
- 1:30-2:30 **Vinyasa Flow 2♫** Szymon Wojcik
- 2:30-4:00 **YogaWorks 1** Kim Fisch
- 4:00-5:30 **YogaWorks 1/2** Amy Lafond
- 4:30-5:50 **Vinyasa Flow 2/3♫** Vinnie Marino
- 4:30-5:50 **Yoga Blend 1** Colleen Garrity
- 6:00-7:25 **Vinyasa Flow 2/3♫** Caleb Asch
- 6:15-7:45 **Iyengar 2** Koren Paalman
- 6:30-7:50 **Yoga Blend 1/2** Carmen Fitzgibbon
- 7:30-8:50 **Vinyasa Flow 2/3♫** Whitney Allen
- 8:00-9:00 **Contemporary Pilates Mat 1/2** Monica Schuller
- 8:00-9:30 **Yoga Blend 1** Maria Zavala
- 9:00-10:00 **Vinyasa Flow 2♫** Whitney Allen

FRIDAY

- 6:30-8:00 **Vinyasa Flow 2/3♫** Billy Gill
- 8:30-9:55 **YogaWorks 1** Anne Van Valkenburg
- 9:30-10:55 **Vinyasa Flow 2♫** Maria Zavala
- 10:00-11:30 **Vinyasa Flow 2/3♫ with meditation** Jeanne Heileman
- 11:00-1:00 **Ashtanga/Led 3*** Jodi Blumstein
- 11:45-12:45 **Yoga Blend 2♫** Colleen Garrity
- 1:00-2:25 **Vinyasa Flow 2/3♫** Whitney Allen
- 2:30-4:00 **YogaWorks 1** Nona Chiang
- 4:00-5:30 **YogaWorks 1/2** Carmen Fitzgibbon
- 4:30-5:50 **Vinyasa Flow 2/3♫** Joan Hyman
- 6:00-7:30 **Iyengar 2** Paul Cabanis
- 6:15-7:30 **Yoga Blend 1/2** Bebe Chianni Lin
- 6:30-8:00 **Vinyasa Flow 2/3♫** Colleen Garrity

SATURDAY

- 7:45-8:55 **Yoga Blend 2♫** David Lynch
- 8:15-9:40 **Iyengar 1/2** Nancy Sandercock
- 8:30-10:00 **YogaWorks 1** Mollie Johnson
- 9:00-10:20 **Yoga Blend 2/3** Jeanne Heileman
- 9:45-11:15 **YW Flow 2** Amy Lafond
- 10:30-11:50 **Vinyasa Flow 2/3♫** Colleen Garrity
- 10:30-11:55 **Pre/Postnatal** Patricia Starr
- 11:30-12:55 **Iyengar 2** Scott Hobbs
- 12:00-1:25 **Vinyasa Flow 2/3♫** Caleb Asch
- 1:00 - 2:30 **Yoga Blend 1/2** Patti Lewis
- 2:45-4:15 **Gentle/Viniyoga** Fred Miller
- 4:30-6:00 **Vinyasa Flow 2/3♫** Clay Kyle
- 5:30-7:00 **YW Flow 2** Amy Lafond

SUNDAY

- 8:30-9:50 **YogaWorks 1/2** Kim Fisch
- 9:00-10:25 **Iyengar 1/2** Nancy Sandercock
- 10:00-11:20 **Vinyasa Flow 2/3♫** Clay Kyle
- 10:30-11:55 **Viniyoga 1** Fred Miller
- 11:30-12:50 **YogaWorks 1/2** Amy Lafond
- 1:00-2:20 **Vinyasa Flow 2♫** Whitney Allen
- 3:30-5:00 **Yoga Blend 1** Hazel Patterson
- 4:00-5:25 **Vinyasa Flow 2/3♫** Vinnie Marino
- 5:45-7:10 **YW Flow 2/3♫** Sarah Ezrin
- 6:00-7:30 **Yoga Blend 1/2** Patti Lewis
- 7:15-8:45 **Restoratives/ Iyengar** Paul Cabanis

LEGEND

* Ashtanga/Mysore classes do not meet on moon days including: (2/25, 3/11, 3/27, 4/10, 4/25, 5/9)

♫ Music