yogaworks

class schedule january 14 - may 12, 2013
**montana**
1426 montana ave santa monica, ca 90403
310.393.5150 yogaworks.com

## MONDAY

- 6:30-8:55 **Ashtanga/Mysore*** Maria Villella
- 7:15-8:45 **Vinyasa Flow 2/3♫** Chris Armas
- 7:30-8:30 **Pranayama** (2/25, 3/11)** Lisa Walford
- 9:00-10:30 **Yoga Blend 1/2** Jasmine Lieb
- 9:00-10:35 **Iyengar 2/3** Lisa Walford
- 10:45-12:10 **Vinyasa Flow 2/3** Jesse Schein
- 10:45-12:10 **YogaWorks 1/2** Birgitte Kristen
- 12:30-2:00 **Prenatal** Mollie Johnson
- 12:45-1:55 **YW Flow 2** Heather Seiniger
- 2:30-4:00 **YogaWorks 1** John Gaydos
- 4:00-5:55 **Ashtanga/Mysore*** Sonya Hanlon***
- 4:15-5:40 **Vinyasa Flow 2/3♫** Alexandria Crow
- 6:00-7:25 **Iyengar 1/2** Chris Stein
- 6:15-7:15 **Vinyasa Flow 2/3♫** Sara Ivanhoe
- 7:30-9:00 **YW Flow 2** Malachi Melville
- 7:30-9:00 **YogaWorks 1** John Gaydos

## TUESDAY

- 6:15-7:35 **Iyengar 1/2** Koren Paalman
- 6:30-8:55 **Ashtanga/Mysore*** Maria Villella
- 7:40-9:00 **YogaWorks 1/2** Olivia Barry
- 9:00-10:25 **YW Flow 2** Malachi Melville
- 9:15-10:40 **Iyengar 2** Chris Stein
- 10:45-12:10 **YogaWorks 1/2** Al Tavera
- 10:45-12:15 **Vinyasa Flow 2/3** Jesse Schein
- 12:30-1:30 **Vinyasa Flow 2♫** Carolina Goldberg
- 1:15-2:45 **Therapeutics** Jasmine Lieb
- 2:15-3:30 **Seniors/ Community 1** John Gaydos
- 3:30-4:25 **Yoga for Kids (3-11 years)** Beth Prandini
- 4:00-5:55 **Ashtanga/Mysore*** Sonya Hanlon***
- 4:30-5:55 **Vinyasa Flow 2/3♫** Brock Cahill
- 6:00-7:25 **Vinyasa Flow 2/3** Chad Hamrin
- 6:10-7:25 **YW Flow 2** Birgitte Kristen
- 7:30-9:00 **Vinyasa Flow 2/3♫** Gigi Snyder
- 7:30-9:00 **Iyengar 1** Scott Hobbs

## WEDNESDAY

- 6:30-8:55 **Ashtanga/Mysore*** Maria Villella
- 7:15-8:45 **Vinyasa Flow 2/3♫** Chris Armas
- 7:30-8:30 **Pranayama** (3/27, 4/10)** Lisa Walford
- 9:00-10:30 **Yoga Blend 1/2** Jasmine Lieb
- 9:00-10:35 **Iyengar 2/3** Lisa Walford
- 10:45-12:10 **Vinyasa Flow 2/3♫** Sara Ivanhoe / Krista Cahill
- 10:45-12:10 **YogaWorks 1/2** Birgitte Kristen
- 12:30-2:00 **Prenatal** Alexandra Lauterio
- 12:45-1:55 **YW Flow 2** Heather Seiniger
- 2:15-3:25 **Baby & Me (6wks-2yrs)** Raisa Lilling
- 2:30-4:00 **YogaWorks 1** John Gaydos
- 4:00-5:55 **Ashtanga/Mysore*** Sonya Hanlon***
- 4:15-5:40 **Vinyasa Flow 2/3♫** Alexandria Crow
- 6:00-7:25 **Iyengar 1/2** Chris Stein
- 6:15-7:15 **Vinyasa Flow 2/3♫** Sara Ivanhoe
- 7:30-9:00 **YW Flow 2** Malachi Melville
- 7:30-9:00 **YogaWorks 1** John Gaydos

## THURSDAY

- 6:15-7:35 **Iyengar 1/2** Koren Paalman
- 6:30-8:55 **Ashtanga/Mysore*** Maria Villella
- 7:30-8:30 **Pranayama** (4/25, 5/9)** Lisa Walford
- 7:40-9:00 **YogaWorks 1/2** Olivia Barry
- 9:00-10:25 **YW Flow 2** Malachi Melville
- 9:15-10:40 **Iyengar 2** Chris Stein
- 10:45-12:10 **YogaWorks 1/2** Al Tavera
- 10:45-12:15 **Vinyasa Flow 2/3** Jesse Schein
- 12:30-1:30 **Vinyasa Flow 2♫** Carolina Goldberg
- 1:15-2:45 **Therapeutics** Jasmine Lieb
- 2:15-3:30 **Seniors/ Community 1** John Gaydos
- 3:30-4:25 **Yoga for Kids (3-11 years)** Beth Prandini
- 4:00-5:55 **Ashtanga/Mysore*** Sonya Hanlon***
- 4:30-5:55 **Vinyasa Flow 2/3♫** Brock Cahill
- 6:00-7:25 **Vinyasa Flow 2/3** Chad Hamrin
- 6:10-7:25 **YW Flow 2** Birgitte Kristen
- 7:30-9:00 **Vinyasa Flow 2/3♫** Gigi Snyder
- 7:30-9:00 **Iyengar 1** Scott Hobbs

## FRIDAY

- 6:30-8:55 **Ashtanga/Mysore*** Maria Villella
- 7:15-8:45 **Vinyasa Flow 2/3♫** Chris Armas
- 9:00-10:30 **Yoga Blend 1/2** Jasmine Lieb
- 9:15-10:40 **Iyengar 3** Marla Apt
- 10:45-12:10 **Vinyasa Flow 2/3♫** Sara Ivanhoe / Krista Cahill
- 10:45-12:10 **YogaWorks 1/2** Birgitte Kristen
- 12:45-1:55 **YW Flow 2** Heather Seiniger
- 1:30-2:30 **Urban Zen 1** Carmen Fitzgibbon
- 2:30-4:00 **YogaWorks 1** John Gaydos
- 4:00-5:55 **Ashtanga/Mysore*** Sonya Hanlon***
- 4:15-5:40 **YW Flow 2** Gigi Snyder
- 6:00-7:25 **Iyengar 1/2** Chris Stein
- 7:30-9:00 **Restoratives/ Iyengar** Chris Stein

## SATURDAY

- 7:30-8:55 **YogaWorks 1** Al Tavera
- 7:30-8:55 **YW Flow 2/3** Sonya Hanlon***
- 9:00-10:25 **Vinyasa Flow 2♫** Mia Togo
- 9:00-10:35 **Iyengar 2/3** Paul Cabanis
- 10:30-11:55 **YogaWorks 1/2** Heather Seiniger
- 10:45-12:10 **Vinyasa Flow 2/3** Jesse Schein
- 12:15-1:30 **Prenatal Flow♫** Patti Quintero
- 12:30-1:55 **Vinyasa Flow 2♫** Carolina Goldberg
- 2:00-3:30 **Iyengar 1/2** Marla Apt
- 4:00-5:25 **Yoga Blend 1** Romy Phillips
- 5:30-7:00 **YogaWorks 1/2♫** Emily Maupin

## SUNDAY

- 7:30-9:25 **Iyengar 1/2** Chris Stein
- 8:00-10:10 **Ashtanga/Mysore*** Jodi Blumstein
- 9:30-10:55 **Vinyasa Flow 2/3♫** Calvin Corzine
- 10:15-11:45 **YW Flow 2♫** Rachael Simmons
- 11:00-12:25 **YogaWorks 1/2** Julie Jacobs
- 12:30-2:00 **Vinyasa Flow 2/3♫** Krista Cahill
- 2:15-3:45 **YogaWorks 1** John Gaydos
- 4:00-5:20 **YW Flow 2** Heather Seiniger
- 5:30-6:55 **Iyengar 1/2** Marla Apt
- 5:30-7:30 **Community 1/2 w/ Meditation ♫** Kia Miller
- 7:00-8:30 **Restoratives/ Iyengar** Marla Apt

## LEGEND

- * Ashtanga/Mysore classes do not meet on moon days including: (2/25, 3/11, 3/27, 4/10, 4/25, 5/9)
- ** Pranayama classes meet on moon days
- *** This class has a long-term sub. See front desk for exact dates.
- ♫ Music

Visit yogaworks.com for substitute teachers and holiday hours.