yogaworks

class schedule january 14 - may 12, 2013
westlake village
2475 townsgate rd westlake village, ca 91361
805.371.3030 yogaworks.com

MONDAY

- 6:00-7:15 **YogaWorks 1/2** Mary-Beth Demers
- 8:15-9:10 **SculptWorks® 2/3♫** Patricia Friberg
- 8:45-10:00 **Yoga Blend 1/2♫** Jessica Anderson
- 9:15-10:15 **TRX® 2♫** Patricia Friberg
- 9:15-10:40 **Vinyasa Flow 2/3♫** Vivica Schwartz
- 10:30-11:45 **Gentle Yoga♫** Karen Hartstein
- 10:30-12:00 **Iyengar 1/2** Cara Sorkin
- 12:00-1:15 **YogaWorks 1/2** Chrissy Canning
- 12:15-1:15 **Pilates Fusion 1/2♫** Diana Klein
- 12:15-1:30 **Vinyasa Flow 2/3♫** Jennifer Elliott
- 2:00-3:00 **Yoga Blend 1/2** Graduate Teacher★
- 4:30-5:30 **YW Cardio Flow® 2♫** Julie Kundert
- 4:45-6:00 **Yoga Blend 1♫** Jennifer Elliott
- 5:30-7:00 **Vinyasa Flow 2/3♫** Chaz Russ 🌡
- 6:00-7:00 **BarWorks® 1/2♫** Sara Green
- 6:15-7:30 **Vinyasa Flow 2♫** Jennifer Elliott
- 7:15-8:30 **Yoga Blend 1/2♫** Sri Hari Moss
- 7:30-8:45 **Gentle Yoga♫** Karen Hartstein

TUESDAY

- 7:00-8:30 **Yoga Blend 2/3** Jackie Roberts
- 8:45-10:00 **Yoga Blend 1♫** Jessica Anderson
- 9:00-9:55 **BarWorks® 2♫** Alana Lee
- 9:15-10:45 **Vinyasa Flow 2/3♫** Chrissy Canning
- 10:30-11:45 **Yoga Blend 1/2♫** Ericka Bryant
- 11:00-12:25 **Pre/Postnatal*♫** Robin Gruver
- 12:15-1:15 **YogaWorks 1** Lainie Devina
- 12:15-1:15 **SculptWorks® 1/2♫** Diana Klein
- 12:30-1:45 **Vinyasa Flow 2♫** Katie Stefl
- 2:00-3:00 **Therapeutics** Chris Bannister
- 3:00-4:15 **Gentle Yoga♫** Surreina Gallegos
- 4:45-6:00 **Gentle Yoga♫** Surreina Gallegos
- 5:05-6:00 **Classical Pilates Mat 1/2♫** Stephanie Milano
- 5:15-6:25 **Yoga Blend 1/2♫** Jessica Anderson
- 6:05-7:00 **TRX® 2♫** Shanda McMahon
- 6:15-7:25 **Yin Yoga 1♫** Jennifer Elliott
- 6:30-8:00 **Vinyasa Flow 2/3♫** Ellen Kalmenson 🌡
- 7:05-8:35 **Iyengar 1/2** Jonathan Troen
- 7:30-8:30 **YogaWorks 1♫** Hazel Patterson

WEDNESDAY

- 6:00-7:15 **YogaWorks 1/2** Mary-Beth Demers
- 8:15-9:10 **TRX® 2♫** Geoff Link
- 8:45-10:00 **Yoga Blend 1/2♫** Maggie Mellor
- 9:15-10:15 **SculptWorks® 2/3♫** Diana Klein
- 9:15-10:40 **Vinyasa Flow 2/3♫** Jessica Anderson
- 10:30-11:45 **Gentle Yoga♫** Karen Hartstein
- 10:30-12:00 **Iyengar 1/2** Cara Sorkin
- 10:45-12:00 **Yoga Blend 1♫** Jennifer Elliott
- 12:00-1:15 **YogaWorks 1/2** Lainie Devina
- 12:15-1:15 **Vinyasa Flow 2♫** Jennifer Elliott
- 12:15-1:15 **Pilates Fusion 1/2♫** Nicole Boyce
- 2:00-3:00 **Yoga Blend 1/2** Graduate Teacher★
- 4:00-5:20 **Pre/Postnatal*♫** Robin Gruver
- 4:30-5:30 **YW Cardio Flow® 2♫** Julie Kundert
- 4:45-6:00 **Yoga Blend 1♫** Karen Hartstein
- 5:30-7:00 **Vinyasa Flow 2/3♫** Chaz Russ 🌡
- 6:00-7:00 **BarWorks® 1/2♫** Sara Green
- 6:15-7:25 **Vinyasa Flow 2♫** Jennifer Elliott
- 7:15-8:30 **Yoga Blend 1/2♫** Sri Hari Moss
- 7:30-8:45 **Relax Deeply♫** Maggie Mellor

THURSDAY

- 7:00-8:30 **Yoga Blend 2/3** Jackie Roberts
- 8:45-10:00 **Yoga Blend 1♫** Jessica Anderson
- 9:00-9:55 **BarWorks® 2♫** Alana Lee
- 9:15-10:45 **Vinyasa Flow 2/3♫** Chrissy Canning
- 10:30-11:45 **Yoga Blend 1/2♫** Ericka Bryant
- 11:00-12:25 **Pre/Postnatal*♫** Robin Gruver
- 12:15-1:15 **YogaWorks 1** Lainie Devina
- 12:15-1:15 **SculptWorks® 1/2♫** Diana Klein
- 12:30-1:45 **Vinyasa Flow 2♫** Katie Stefl
- 2:00-3:00 **Therapeutics** Chris Bannister
- 3:00-4:15 **Gentle Yoga♫** Surreina Gallegos
- 4:45-6:00 **Gentle Yoga♫** Surreina Gallegos
- 5:05-6:00 **Classical Pilates Mat 1/2♫** Stephanie Milano
- 5:15-6:25 **Yoga Blend 1/2♫** Jessica Anderson
- 6:05-7:00 **TRX® 2♫** Geoff Link
- 6:15-7:25 **Yin Yoga 1♫** Jennifer Elliott
- 6:30-8:00 **Vinyasa Flow 2/3♫** Ellen Kalmenson 🌡
- 7:05-8:35 **Iyengar 1/2** Jonathan Troen
- 7:30-8:30 **YogaWorks 1♫** Hazel Patterson

FRIDAY

- 6:00-7:15 **Yoga Blend 1/2♫** Jessica Anderson
- 8:15-9:10 **TRX® 2♫** Geoff Link
- 8:45-10:00 **Yoga Blend 1/2♫** Maggie Mellor
- 9:15-10:15 **SculptWorks® 2/3♫** Diana Klein
- 9:15-10:40 **Vinyasa Flow 2/3♫** Vivica Schwartz
- 10:30-12:00 **YogaWorks 1** Lainie Devina
- 12:15-1:15 **YW Flow 2** Mary-Beth Demers
- 12:15-1:15 **BarWorks® 2♫** Alana Lee
- 3:00-4:15 **Yoga Blend 1/2♫** Jennifer Elliott
- 4:30-5:45 **Yin Yoga 1♫** Jennifer Elliott
- 5:00-6:15 **Vinyasa Flow 2/3♫** Katie Stefl
- 6:00-7:15 **Yoga Blend 1♫** Sri Hari Moss

SATURDAY

- 8:00-8:55 **TRX® 2♫** Patricia Friberg
- 8:30-9:45 **YogaWorks 1/2** Lainie Devina
- 9:00-9:55 **BarWorks® 1/2♫** Patricia Friberg
- 10:00-11:25 **YogaWorks 1** Nona Chiang
- 10:15-11:45 **Vinyasa Flow 2/3♫** Ellen Kalmenson 🌡
- 12:00-1:30 **Iyengar 1/2** Robyn Harrison
- 12:00-1:30 **Vinyasa Flow 2♫** Katie Stefl
- 12:15-1:45 **Fundamentals of Yoga*** ** Ellen Kalmenson
- 2:00-3:30 **Yin Yoga 1♫** Ellen Kalmenson
- 4:00-5:30 **Yoga Blend 1/2♫** Surreina Gallegos

Pilates Group Equipment Classes (1 hour)

Beginner

Tues: 6pm

Intermediate

Mon: 9 am, 5pm, 6pm
Tues: 9 am
Wed: 9am, 11am, 6pm
Thurs: 10am, 6pm
Fri: 9am, 11am
Sat: 8am
Sun: 10am

Advanced

Thurs: 8am

Men's

Wed: 12pm

Additional fee required.

SUNDAY

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

LEGEND

- * Prenatal class packages are available to non-members.
- ** Family yoga held on 1/20, 2/3, 2/17, 3/3, 3/17, 4/14, 4/28, 5/12,
- *** Fundamentals of Yoga held on 1/19, 2/2, 2/16, 3/2, 3/16, 4/13, 4/27, 5/11
- ★ Complimentary class taught by a recent YogaWorks 500-hour Teacher Training Graduate
- ♫ Music
- 🌡 Come prepared for room temperatures 85 degrees and above

Visit yogaworks.com for substitute teachers and holiday hours.