yogaworks

class schedule january 14 - may 12, 2013
westwood
1256 westwood blvd los angeles, ca 90024
310.234.1200 yogaworks.com

MONDAY

6:15-7:30	**YogaWorks 1/2***	Carmen Fitzgibbon
7:30-8:45	**YW Flow 2/3**	Amy Lafond
9:15-10:40	**YW Flow 2♫**	Thomas Taubman
9:15-10:45	**Iyengar 1/2**	Garth McLean
11:00-12:30	**Yoga Blend 1**	Kim Fisch
12:00-1:15	**Kundalini 1♫**	Kiyomi Takahashi
12:45-1:45	**Vinyasa Flow 2**	Gigi Snyder
2:15-3:45	**Yoga Blend 1/2**	Graduate Teacher★
4:30-5:55	**Vinyasa Flow 2**	Kara Price
5:00-5:55	**Contemporary Pilates Mat 2**	Kiki D. Amanno
6:00-7:25	**YW Flow 2/3♫**	Sarah Ezrin
6:15-7:40	**YogaWorks 1/2♫**	David Lynch
7:30-8:55	**Vinyasa Flow 2/3♫**	Calvin Corzine
7:45-9:00	**Yoga Blend 1**	Romy Phillips

TUESDAY

6:15-7:45	**Yoga Blend 1/2♫**	Bahni Turpin
7:00-8:15	**YW Flow 2♫**	Sarah Ezrin
9:15-10:45	**Iyengar 1/2**	Paul Cabanis
9:30-10:45	**YogaWorks 1**	Stacie Reeve
11:00-12:30	**Vinyasa Flow 2/3♫**	Logan Cahoon
12:15-1:10	**BarWorks® 1/2♫****	Chappell Westlake
12:45-1:45	**Vinyasa Flow 2♫**	Thomas Taubman
2:15-3:45	**Yoga Blend 1/2**	Graduate Teacher★
4:15-5:45	**Iyengar 1**	Chris Stein
4:30-5:45	**YW Flow 2**	Gigi Snyder
6:00-7:20	**YogaWorks 2/3♫**	Joan Hyman
6:00-7:25	**YogaWorks 1/2♫**	Eka Ekong
7:30-8:30	**YogaWorks 1**	Thomas Taubman
7:40-9:05	**Iyengar 1/2**	Marla Apt

WEDNESDAY

6:15-7:30	**YogaWorks 1/2**	Carmen Fitzgibbon
7:30-8:45	**YW Flow 2/3**	Amy Lafond
9:15-10:40	**YW Flow 2♫**	Thomas Taubman
9:15-10:45	**Iyengar 2**	Garth McLean
11:00-12:30	**Yoga Blend 1**	Kim Fisch
12:00-1:15	**Kundalini 1♫**	Kiyomi Takahashi
12:45-1:45	**Vinyasa Flow 2**	Gigi Snyder
2:15-3:45	**Yoga Blend 1/2**	Graduate Teacher★
4:30-5:55	**Vinyasa Flow 2**	Kara Price
5:00-5:55	**Contemporary Pilates Mat 2**	Kiki D. Amanno
6:00-7:25	**YW Flow 2/3♫**	Sarah Ezrin
6:15-7:40	**YogaWorks 1/2♫**	David Lynch
7:30-8:55	**Vinyasa Flow 2/3♫**	Calvin Corzine
7:45-9:00	**Yoga Blend 1**	Romy Phillips

THURSDAY

6:15-7:45	**Yoga Blend 1/2♫**	Bahni Turpin
7:00-8:15	**YW Flow 2♫**	Sarah Ezrin
9:15-10:45	**Iyengar 1/2**	Paul Cabanis
9:30-10:45	**YogaWorks 1**	Stacie Reeve
11:00-12:30	**Vinyasa Flow 2/3♫**	Logan Cahoon
12:15-1:10	**BarWorks® 1/2♫****	Chappell Westlake
12:45-1:45	**Vinyasa Flow 2♫**	Thomas Taubman
2:15-3:45	**Yoga Blend 1/2**	Graduate Teacher★
4:15-5:45	**Iyengar 1**	Chris Stein
4:30-5:45	**YW Flow 2**	Gigi Snyder
6:00-7:20	**YogaWorks 2/3♫**	Joan Hyman
6:00-7:25	**YogaWorks 1/2♫**	Eka Ekong
7:30-8:30	**YogaWorks 1**	Thomas Taubman
7:40-9:05	**Iyengar 1/2**	Marla Apt

FRIDAY

6:15-7:30	**YogaWorks 1/2**	Carmen Fitzgibbon
9:15-10:40	**YW Flow 2/3**	Thomas Taubman
9:15-10:45	**Iyengar 2**	Garth McLean
11:00-12:30	**Yoga Blend 1**	Kim Fisch
12:45-1:45	**Vinyasa Flow 2♫**	Eka Ekong
2:15-3:45	**Yoga Blend 1/2**	Graduate Teacher★
4:30-5:55	**Vinyasa Flow 2**	Kara Price
6:00-7:25	**Vinyasa Flow 2/3♫**	David Kim
6:00-7:25	**Relax Deeply**	Brigitte Kouba

SATURDAY

8:00-8:55	**Pilates Fusion 2**	Kiki D. Amanno
8:30-9:55	**Vinyasa Flow 2♫**	Eka Ekong
9:00-10:30	**Yoga Blend 2**	Jasmine Lieb
10:00-11:30	**Vinyasa Flow 2/3♫**	Joan Hyman
10:45-12:15	**Yoga Blend 1**	Jasmine Lieb
4:00-5:15	**Yoga Blend 1**	Stacie Reeve
4:30-5:55	**Vinyasa Flow 2/3♫**	David Kim
5:30-7:00	**YogaWorks 1/2**	Thomas Taubman

SUNDAY

8:15-9:45	**Iyengar 2**	Marla Apt
9:00-10:25	**YW Flow 2/3**	Amy Lafond
10:15-11:45	**Yoga Blend 1**	Stacie Reeve
10:30-11:55	**Yoga Blend 2/3♫**	Eka Ekong
12:00-1:30	**Vinyasa Flow 2**	Kara Price
4:15-5:45	**Yoga Blend 1/2**	Romy Phillips
4:30-5:55	**Vinyasa Flow 2/3♫**	David Kim
6:00-7:25	**Yin Yoga 1**	Yvette Hamaya

LEGEND

♫ Music

★ Complimentary class taught by a recent YogaWorks 500-hour Teacher Training Graduate

* This class has an optional teacher led Pranayama practice from 6:00-6:15am

** Class does not utilize a bar at this location.

Visit yogaworks.com for substitute teachers and holiday hours.