yogaworks

class schedule january 9 - may 13, 2012
eastside
1319 third avenue, 2nd floor (betw 75th & 76th streets)
212.650.9642 yogaworks.com

MONDAY

7:15-8:15	**Yoga Blend 1/2♫** Cathy Lilly
9:15-10:30	**Ishta 1/2** Mona Anand
10:45-11:45	**Prenatal** Amy Shachat
12:00-1:15	**YW Flow 2** Ann Mosca
1:30-2:30	**Vinyasa Flow 2♫** John Ford
3:00-4:15	**Gentle Yoga** Elizabeth Neuse
4:30-5:45	**Ishta 2** Ann Mosca
6:00-7:15	**Vinyasa Flow 2/3♫** Chelsey Aston Korus
6:15-7:15	**Prenatal *** Caitlin Culp Vestal
7:30-8:45	**Ishta 1/2** Kelly Eudailey

TUESDAY

8:15-9:15	**Gentle Yoga♫** Dilshad Keshwani
9:30-10:45	**Vinyasa Flow 2♫** Lisa Matkin
11:00-12:00	**Yoga Blend 1** Mimi Rosetti
12:30-1:30	**Yoga Blend 1/2♫** Lisa Matkin
4:30-5:45	**Yoga Blend 1/2** Donna Boss
6:00-7:15	**Vinyasa Flow 2♫** Lisa Zaloga
6:15-7:15	**Prenatal *** Sissy St. John
7:30-9:00	**Yoga Blend 1/2♫** Danielle Zuccheri

WEDNESDAY

7:15-8:15	**YW Cardio Flow 2♫** Anna Hughes-Dioguardi
9:15-10:30	**Ishta 1/2♫** Jackie Peresman
10:45-11:45	**Prenatal** Amy Shachat
12:00-1:00	**Ishta 2♫** Charles Matkin
1:30-2:30	**Vinyasa Flow 2♫** John Ford
3:00-4:15	**Gentle Yoga** Elizabeth Neuse
4:30-5:45	**Ishta 2** Ann Mosca
5:00-6:00	**Therapeutics** Charles Matkin
6:00-7:15	**Vinyasa Flow 2/3♫** Timothy Bish
6:15-7:15	**YogaWorks 1 *** Kara Sekuler
6:45-7:45	**Prenatal *** Caitlin Culp Vestal
7:30-8:45	**Ishta 1/2** Kelly Eudailey

THURSDAY

8:15-9:15	**Gentle Yoga ♫** Dilshad Keshwani
9:30-10:45	**Vinyasa Flow 2♫** Lisa Matkin
11:00-12:00	**YogaWorks1** Jocelyn Casey-Whiteman
12:30-1:30	**Yoga Blend 1/2♫** Lisa Matkin
4:30-5:45	**Yoga Blend 1/2** Donna Boss
6:00-7:15	**Vinyasa Flow 2♫** Lisa Zaloga
6:15-7:15	**Prenatal *** Sissy St. John
7:30-9:00	**Yoga Blend 1/2♫** Danielle Zuccheri
7:30-9:00	**Yoga Basics *** Hollis Lewis

FRIDAY

7:15-8:15	**YW Cardio Flow 2♫** Anna Hughes-Dioguardi
9:15-10:30	**Ishta 1/2** Mona Anand
10:45-11:45	**Restorative** Anna Hughes-Dioguardi
12:00-1:15	**YW Flow 2** Ann Mosca
3:00-4:15	**Gentle Yoga♫** Sara Beaudry
4:30-5:45	**Ishta 1/2** Donna Boss
6:15-7:15	**Prenatal *** Caitlin Culp Vestal
6:30-7:45	**Yoga Blend 1/2** Kara Sekular

SATURDAY

8:30-9:45	**Ishta 2♫** Charles Matkin
10:00-10:50	**Fundamentals of Yoga** Stephanie Ervin
10:00-11:15	**Ishta 1/2** Kara Sekular
11:45-1:00	**Prenatal** Jackie Peresman
1:30-2:45	**Vinyasa Flow 2/3♫** Hollis Lewis
3:30-4:45	**Yoga Blend 1** Pat Cohen
5:00-6:15	**Ishta 2** Kara Sekular

SUNDAY

8:30-9:45	**Yoga Blend 1/2♫** Devon McConnell
10:00-11:30	**Vinyasa Flow 2♫** Danielle Lee
11:45-1:00	**Yoga Blend 1/2♫** Sissy St. John
1:30-3:00	**Vinyasa Flow 2/3♫** Chelsey Aston Korus
3:30-4:45	**Ishta 2** Ann Mosca
5:00-6:00	**YW Cardio Flow 2♫** Cathy Lilly
6:15-7:15	**Restorative *** Cathy Lilly

LEGEND

♫ Music
* Class size limited, pre-registration required. Call studio for details.
Visit yogaworks.com for substitute teachers