yogaworks

class schedule january 14 - may 12, 2013
mission viejo
27001 la paz road suite 206 mission viejo, ca 92691
949.380.9642 yogaworks.com

MONDAY

- 6:30-7:55 **Vinyasa Flow 2** Nikki Affleck*
- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 9:00-10:25 **Yoga Blend 1** Brinda Hari
- 10:30-11:55 **Gentle Yoga** Elizabeth Sharp
- 10:30-11:55 **Yoga Blend 1/2** Renee Chenette
- 12:00-12:55 **Contemporary Pilates Mat 2** Janet Mancinelli
- 4:30-5:55 **Yoga Blend 1/2** Suzy Gill
- 5:00-5:55 **Pilates Fusion 1/2** Robin Toavs
- 6:00-6:55 **Yin Yoga 1** Linda Trumpfheller
- 6:00-6:55 **Vinyasa Flow 2** Lesley Fightmaster
- 7:00-7:55 **Yoga Blend 1** Megan McCarver

TUESDAY

- 9:00-10:25 **Yoga Blend 1** LB Iddings
- 9:15-10:10 **BarWorks® 1/2** Robin Toavs
- 10:30-11:55 **Yoga Blend 1/2** Lynn Bushnell
- 12:00-12:55 **Contemporary Pilates Mat 1/2** Janet Mancinelli
- 12:00-12:55 **YW Flow 2** Jessica Seabern
- 3:30-4:55 **Therapeutics / Back** Savita Geuther
- 5:00-5:55 **SculptWorks® 1/2** Delyer Anderson
- 6:00-7:25 **Therapeutics** Savita Geuther
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Jacinthe Mitchell
- 7:30-8:55 **Yoga Blend 1/2** Melanie Faught

WEDNESDAY

- 6:30-7:55 **Vinyasa Flow 2** Nikki Affleck*
- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 9:00-10:25 **Yoga Blend 1** Brinda Hari
- 10:30-11:55 **Gentle Yoga** Elizabeth Sharp
- 10:30-11:55 **Yoga Blend 1/2** Renee Chenette
- 12:00-12:55 **BarWorks® 1/2** Robin Toavs
- 4:30-5:55 **Yoga Blend 1/2** LB Iddings
- 5:00-5:55 **Contemporary Pilates Mat 1/2** Janet Mancinelli
- 6:00-6:55 **Vinyasa Flow 2** Elizabeth Sharp
- 6:00-7:25 **Gentle Yoga** Janet Rice
- 7:00-7:55 **Yoga Blend 1** Megan McCarver

THURSDAY

- 9:00-10:25 **Yoga Blend 1** LB Iddings
- 9:15-10:10 **BarWorks® 1/2** Robin Toavs
- 10:30-11:55 **Yoga Blend 1/2** Lynn Bushnell
- 12:00-12:55 **Contemporary Pilates Mat 1/2** Janet Mancinelli
- 12:00-12:55 **YW Flow 2** Jessica Seabern
- 3:30-4:55 **Therapeutics / Back** Savita Geuther
- 5:00-5:55 **SculptWorks® 1/2** Delyer Anderson
- 6:00-7:25 **Therapeutics** Savita Geuther
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Jacinthe Mitchell
- 7:30-8:55 **Yoga Blend 1/2** Melanie Faught

FRIDAY

- 9:00-10:25 **Iyengar 1/2** Bob Metzler
- 10:30-11:55 **Yoga Blend 1/2** Elizabeth Sharp
- 10:30-11:55 **Therapeutics** Savita Geuther
- 12:00-12:55 **Pilates Fusion 1/2** Janet Mancinelli
- 12:00-1:10 **YW Flow 2/3** 🌡 Jessica Seabern
- 4:00-4:55 **Meditation** Savita Geuther
- 5:00-5:55 **BarWorks® 1/2** Robin Toavs
- 6:00-6:55 **Yin Yoga 1** Linda Trumpfheller
- 6:00-6:55 **Vinyasa Flow 2** 🌡 Debbie Berardi

SATURDAY

- 8:00-9:25 **Therapeutics** Linda Trumpfheller
- 8:00-8:55 **Contemporary Pilates Mat 2** Robin Toavs
- 9:00-10:10 **Yoga Blend 1/2** LB Iddings
- 9:30-10:55 **Prenatal** Linda Trumpfheller
- 11:00-11:55 **Yoga Blend 1** Megan McCarver
- 12:30-1:55 **Yoga w/ Ropes 1/2** Bob Metzler
- 4:30-5:55 **Vinyasa Flow 2** 🌡 Suzy Gill

SUNDAY

- 8:30-9:55 **Vinyasa Flow 2/3** 🌡 Lesley Fightmaster
- 9:00-9:55 **SculptWorks® 1/2** Josh Plotkin
- 10:00-11:25 **Vinyasa Flow 2** Jon Burras
- 11:45-1:15 **Yoga Blend 1** Jon Burras
- 4:00-4:55 **Yoga Blend 1/2** Melanie Faught
- 5:00-5:55 **Restoratives** Melanie Faught

LEGEND

🌡 Come prepared for room temperatures 85 degrees and above

* This class has a long-term sub. See front desk for exact dates.

Visit yogaworks.com for substitute teachers and holiday hours.