yogaworks

class schedule january 14 - may 12, 2013
newport beach
230 newport center dr suite 230 newport beach, ca 92660
949.640.9642 yogaworks.com

MONDAY

- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 Sarah Reese
- 9:00-10:25 **Viniyoga 1/2** Juris Zinbergs
- 10:45-11:55 **Yin Yoga 1** Rebekah O'Shields
- 12:00-12:55 **YogaWorks 1/2** Nikki Affleck*
- 3:30-4:25 **Yoga Blend 1/2** Graduate Teacher★
- 4:30-5:55 **Yin & Yang 2/3** 🌡 Stacey Smith
- 5:00-5:55 **Yoga Blend 1/2** Cathy Cox
- 6:00-6:55 **Contemporary Pilates Mat 1/2** Caitlin Ezzell
- 6:00-7:25 **Viniyoga 2/3** 🌡 Juris Zinbergs
- 7:00-8:15 **Yoga Blend 2** Rachel Murray

TUESDAY

- 6:30-7:55 **Yoga Blend 1/2** Jennie Jalalat
- 8:00-8:55 **Pilates Fusion 1/2** Tracy Bauer
- 9:00-9:55 **YogaWorks 1** Randy Allard
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 Suzy Gill
- 10:45-11:55 **Therapeutics** Trish Deignan
- 12:00-12:55 **Vinyasa Flow 2** 🌡 Rob Glick
- 12:00-12:55 **Contemporary Pilates Mat 2** Caitlin Ezzell
- 4:30-5:55 **Yoga Blend 2** Phillip Sadler
- 5:00-5:55 **Yoga Blend 1/2** Cathy Cox
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Audri Geary
- 6:30-7:45 **Yoga Blend 1** Rebekah O'Shields

WEDNESDAY

- 6:30-7:55 **Vinyasa Flow 2** 🌡 Lisbeth Fritz
- 9:00-9:55 **BarWorks® 1/2**** Caitlin Ezzell
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 Sarah Reese
- 10:00-11:25 **Viniyoga 1/2** Juris Zinbergs
- 11:00-12:25 **Iyengar 1/2** Denise Thibault
- 12:00-12:55 **YogaWorks 1/2** Nikki Affleck*
- 2:15-3:25 **Gentle Yoga** Helena Gorka
- 4:30-5:55 **Yin & Yang 2/3** 🌡 Stacey Smith
- 5:00-5:55 **Yoga Blend 1/2** Cathy Cox
- 6:00-6:55 **Contemporary Pilates Mat 1/2** Caitlin Ezzell
- 6:00-7:25 **Restoratives** Bella McCloud
- 7:00-8:15 **Yoga Blend 2** Rachel Murray

THURSDAY

- 6:30-7:55 **Yoga Blend 1/2** Jennie Jalalat
- 8:00-8:55 **Pilates Fusion 1/2** Tracy Bauer
- 9:00-9:55 **YogaWorks 1** Randy Allard
- 9:00-10:25 **Vinyasa Flow 2/3** 🌡 Suzy Gill
- 10:45-11:55 **Therapeutics** Trish Deignan
- 12:00-12:55 **Vinyasa Flow 2** 🌡 Rob Glick
- 12:00-12:55 **Contemporary Pilates Mat 2** Caitlin Ezzell
- 4:30-5:55 **Yoga Blend 2** Phillip Sadler
- 5:00-5:55 **Yoga Blend 1/2** Cathy Cox
- 6:00-7:25 **Vinyasa Flow 2** 🌡 Audri Geary
- 6:30-7:45 **Yoga Blend 1** Rebekah O'Shields

FRIDAY

- 6:30-7:55 **Vinyasa Flow 2** 🌡 Lisbeth Fritz
- 9:00-9:55 **BarWorks® 1/2**** Robin Toavs
- 9:00-10:25 **Viniyoga 1/2** Juris Zinbergs
- 10:45-11:55 **Yin Yoga 1** Rebekah O'Shields
- 11:00-12:25 **Iyengar 1/2** Denise Thibault
- 12:00-12:55 **YogaWorks 1/2** Nikki Affleck*
- 3:30-4:25 **Yoga Blend 1/2** Laura Dudley
- 4:30-5:25 **Contemporary Pilates Mat 2** Caitlin Ezzell
- 5:30-6:55 **Vinyasa Flow 2/3** 🌡 Tim Senesi

SATURDAY

- 8:00-8:55 **Pilates Fusion 1/2** Cory Bufkin
- 8:30-9:55 **Yoga Blend 2/3** 🌡 Tim Senesi
- 9:00-10:25 **Vinyasa Flow 2** Jon Burras
- 10:30-11:25 **Pilates Fusion 1/2** Tracy Bauer
- 10:30-11:55 **Yoga Blend 1** Katresha Moskios
- 11:30-12:55 **Vinyasa Flow 2** 🌡 Shay Haghighat
- 4:30-5:55 **Yoga Blend 2** Jon Burras

SUNDAY

- 8:00-9:25 **Asana Fundamentals** Bob Metzler
- 9:30-10:25 **Pilates Fusion 1/2** Laurel Silverman
- 9:30-10:55 **Vinyasa Flow 2** 🌡 Lisbeth Fritz
- 10:30-11:55 **Yoga Blend 1/2** Katresha Moskios
- 5:00-6:25 **Yoga Blend 1/2** Suzy Gill

LEGEND

🌡 Come prepared for room temperatures 85 degrees and above
★ Complimentary class taught by recent 500-hour YogaWorks Teacher Training Graduate
* This class has a long-term sub. See front desk for exact dates.
** Class does not utilize a bar at this location
Visit yogaworks.com for substitute teachers and holiday hours.