yogaworks

class schedule september 17 - january 13, 2013
san francisco
1823 divisadero street san francisco, ca 94115
415.292.5600 yogaworks.com

MONDAY

9:00-10:15 **Vinyasa Flow 2♫** Deborah Lee

11:30-12:25 **Yoga Blend 1/2♫** Anna Proctor

12:30-1:25 **Classical Pilates Mat 1/2** Greta Schroeder

12:30-1:30 **Vinyasa Flow 2/3♫** Sarah Pascual

4:30-5:55 **Vinyasa Flow 2♫** Pete Chandonnet

5:00-5:55 **Yoga Blend 1 ♫** Lindsey Friedrich

6:00-7:25 **YogaWorks 1/2** Erika Trice

6:00-7:25 **Vinyasa Flow 2/3♫** Deborah Lee

6:15-7:15 **Fundamentals of Yoga**** Lindsey Friedrich

7:30-8:25 **SculptWorks® 1/2♫** Rachelli Materum

7:45-8:45 **Yoga Blend 1/2♫** Laura Burkhart

TUESDAY

6:30-7:25 **Vinyasa Flow 2/3♫** Suzanne Drolet

7:30-8:30 **SculptWorks® 1/2♫** Teresa Valentini

10:00-11:15 **Yoga Blend 2/3** Margi Young

10:15-11:10 **Pilates Fusion 1/2** Isabela Staycer

12:30-1:25 **BarWorks® 1/2♫** Teresa Valentini

12:45-1:45 **Vinyasa Flow 2♫** Laura Burkhart

4:30-5:45 **YogaWorks 1/2** Joanna Saxby

4:30-5:55 **Vinyasa Flow 2/3♫** Stacie Overby

6:00-7:25 **Vinyasa Flow 2♫** Pete Chandonnet

6:15-7:30 **Yoga Blend 1♫** Sarah Pascual

7:30-8:45 **Vinyasa Flow 2/3♫** Lisa Danylchuk

7:40-8:35 **Classical Pilates Mat 1/2** Greta Schroeder

WEDNESDAY

9:00-10:15 **Vinyasa Flow 2♫** Deborah Lee

11:30-12:25 **Yoga Blend 1/2♫** Anna Proctor

12:30-1:30 **Vinyasa Flow 2/3♫** Sarah Pascual

4:30-5:55 **Vinyasa Flow 2♫** Pete Chandonnet

5:00-5:55 **Yoga Blend 1 ♫** Lindsey Friedrich

6:00-7:25 **YogaWorks 1/2** Erika Trice

6:00-7:25 **Vinyasa Flow 2/3♫** Deborah Lee

6:30-7:25 **Classical Pilates Mat 2/3*** Greta Schroeder

7:30-8:25 **SculptWorks® 1/2♫** Isabela Staycer

7:45-8:45 **Yoga Blend 1/2♫** Laura Burkhart

THURSDAY

6:30-7:25 **Vinyasa Flow 2/3♫** Suzanne Drolet

7:30-8:30 **SculptWorks® 1/2♫** Rachelli Materum

10:00-11:15 **Yoga Blend 2/3** Margi Young

10:15-11:10 **Pilates Fusion 1/2** Isabela Staycer

12:30-1:25 **BarWorks® 1/2♫** Teresa Valentini

12:45-1:45 **Vinyasa Flow 2♫** Laura Burkhart

4:30-5:45 **YogaWorks 1/2** Joanna Saxby

4:30-5:55 **Vinyasa Flow 2/3♫** Stacie Overby

6:00-7:25 **Vinyasa Flow 2♫** Pete Chandonnet

6:15-7:30 **Yoga Blend 1♫** Sarah Pascual

7:30-8:45 **Vinyasa Flow 2/3♫** Lisa Danylchuk

7:40-8:35 **Pilates Mat 1/2** Teresa Valentini

FRIDAY

6:30-7:25 **Vinyasa Flow 2♫** Mandy Whittington ★

9:00-10:15 **Vinyasa Flow 2♫** Deborah Lee

11:30-12:25 **YogaWorks 1/2** Joanna Saxby

12:15-1:10 **Classical Pilates Mat 1/2** Carolina Czechowska

12:30-1:30 **Vinyasa Flow 2/3♫** Destiny Eurkus 🌡

4:15-5:15 **Yoga Blend 2** Margi Young

6:00-7:25 **Candle Flow 2/3♫** Stacie Overby

6:30-7:45 **Yoga Blend 1/2♫** Laura Burkhart

SATURDAY

8:00-8:55 **SculptWorks 1/2®♫** Teresa Valentini

9:00-10:25 **Vinyasa Flow 2/3♫** Deborah Lee

9:15-10:15 **Yoga Blend 1/2♫** Anna Proctor

10:30-11:25 **Classical Pilates Mat 1/2** Teresa Valentini

10:45-11:45 **Yoga Blend 1♫** Sarah Pascual

11:30-12:55 **Vinyasa Flow 2/3♫** Stacie Overby

2:30-3:45 **Yoga Blend 1/2 ♫** Laurie Sleep ★

4:15-5:30 **Yoga Blend 2** Margi Young***

SUNDAY

9:30-10:55 **YogaWorks 1/2** Joanna Saxby

10:00-10:55 **BarWorks® 1/2♫** Rachelli Materum

11:00-12:00 **Fundamentals of Yoga**** Joanna Saxby

11:00-12:15 **Vinyasa Flow 2♫** Lisa Danylchuk

12:30-1:30 **Restoratives♫** Lisa Danylchuk

3:15-4:15 **Yoga Blend 1/2♫** Jeannine Walsh ★

4:30-5:55 **Vinyasa Flow 2/3♫** Stacie Overby

PILATES EQUIPMENT CLASSES:

Classes offered daily for an additional fee.

Complete schedule available at our front desk.

Pre-registration recommneded. Call for an appointment.

LEGEND

* Class size limited to 6. Pre-registration required.
** Fundamentals of Yoga takes place 2 Mondays and 2 Sundays each month. Check with studio for specific dates. Free to all! Pre-registration recommended.
*** This class has a long-term sub. See front desk for exact dates.
♫ Music
★ Class is taught by a 500-hour Teacher Training Graduate
🌡 Come prepared for room temperatures 80 degrees and above
Visit yogaworks.com for substitute teachers