yogaworks

class schedule january 14 - may 12, 2013
walnut creek
1131 locust street walnut creek, ca 94596
925.478.7272 yogaworks.com

MONDAY

- 6:00-6:55 **TRX® 2**♫ Matt Ricca
- 6:00-7:00 **Yoga Blend 1/2**♫ Sonia Roberts
- 8:30-9:45 **YogaWorks 1** Wes Linch
- 8:45-10:00 **Vinyasa Flow 2/3** Suzanne Drolet
- 10:15-11:45 **YogaWorks 1/2** Mynx Inatsugu
- 12:15-1:15 **YW Flow 2/3** Lakshmi (Angie) Norwood
- 1:30-2:30 **Therapeutics** Lakshmi (Angie) Norwood
- 1:30-2:30 **Yoga Blend 1/2**♫ Mandy Jackson
- 4:30-5:45 **Viniyoga 1/2** Mynx Inatsugu
- 5:00-5:55 **BarWorks® 1/2**♫ Angela Evans
- 6:00-6:55 **Contemporary Pilates Mat 1/2** Larissa Jones
- 6:00-7:25 **Vinyasa Flow 2/3**♫ Dave Larot 🌡
- 6:15-7:30 **Yoga Blend 1/2**♫ Sonia Roberts
- 7:15-8:15 **TRX® 2**♫ Matt Ricca
- 7:45-8:45 **Yoga Blend 1** Kate Douglas
- 7:45-9:00 **YogaWorks 2** Julie Conrad

TUESDAY

- 6:00-7:00 **Yoga Blend 2**♫ Dave Larot
- 9:15-10:10 **BarWorks® 1/2**♫ Melissa Williams
- 9:15-10:30 **YogaWorks 1/2** Lakshmi (Angie) Norwood
- 9:30-10:30 **YW Cardio Flow® 2**♫ Melanie Salvatore-August 🌡
- 11:00-12:00 **Therapeutics** Lakshmi (Angie) Norwood
- 12:00-1:00 **Vinyasa Flow 2** Otto Ditmer
- 12:15-1:15 **Yoga Blend 1** Jillian Bobowicz
- 4:30-5:45 **YogaWorks 1/2** Mynx Inatsugu
- 6:00-6:55 **SculptWorks® 1/2**♫ Matt Ricca
- 6:00-7:00 **Fundamentals of Yoga*** Mandy Jackson / Wes Linch
- 6:15-7:45 **YogaWorks 2** Mynx Inatsugu 🌡
- 7:15-8:30 **Gentle Yoga w/ Restoratives** Gretchen Zoll★
- 7:15-8:30 **Yoga Blend 1/2** Otto Ditmer

WEDNESDAY

- 6:00-6:55 **TRX® 2**♫ Matt Ricca
- 6:00-7:00 **Yoga Blend 1/2**♫ Sonia Roberts
- 8:30-9:45 **YogaWorks 1** Wes Linch
- 8:45-10:00 **Vinyasa Flow 2/3** Suzanne Drolet
- 9:15-10:10 **BarWorks® 1/2**♫ Amy Kelly Holmes
- 10:15-11:45 **YogaWorks 1/2** Mynx Inatsugu
- 12:15-1:15 **Vinyasa Flow 2/3**♫ Jamie McMaster 🌡
- 1:30-2:30 **Therapeutics** Lakshmi (Angie) Norwood
- 1:30-2:30 **Yoga Blend 1/2**♫ Mandy Jackson
- 4:30-5:45 **Viniyoga 1/2** Mynx Inatsugu
- 5:00-5:55 **BarWorks® 1/2**♫ Angela Evans
- 6:00-6:55 **Contemporary Pilates Mat 1/2** Caroline Taylor
- 6:00-7:25 **Vinyasa Flow 2/3**♫ Dave Larot 🌡
- 6:15-7:30 **Yoga Blend 1/2**♫ Sonia Roberts
- 7:15-8:15 **TRX® 2**♫ Ali Letsch
- 7:45-8:45 **Yoga Blend 1** Kate Douglas
- 7:45-9:00 **YogaWorks 2** Julie Conrad

THURSDAY

- 6:00-7:00 **Yoga Blend 2**♫ Dave Larot
- 9:15-10:10 **BarWorks® 1/2**♫ Melissa Williams
- 9:15-10:30 **YogaWorks 1/2** Lakshmi (Angie) Norwood
- 9:30-10:30 **YW Cardio Flow® 2**♫ Melanie Salvatore-August 🌡
- 11:00-12:00 **Therapeutics** Lakshmi (Angie) Norwood
- 12:00-1:00 **Vinyasa Flow 2** Otto Dittmer
- 12:15-1:15 **Yoga Blend 1** Jillian Bobowicz
- 4:30-5:45 **YogaWorks 1/2** Mynx Inatsugu
- 6:00-6:55 **SculptWorks® 1/2**♫ Matt Ricca
- 6:15-7:45 **YogaWorks 2** Mynx Inatsugu 🌡
- 7:15-8:30 **Gentle Yoga w/ Restoratives** Lisa Pitts ★
- 7:15-8:30 **Yoga Blend 1/2** Otto Ditmer

FRIDAY

- 6:00-7:00 **Yoga Blend 1/2**♫ Sonia Roberts
- 9:00-10:00 **YW Cardio Flow® 2/3**♫ Melanie Salvatore-August 🌡
- 9:15-10:10 **TRX® 2**♫ Ali Letsch
- 10:15-11:30 **YogaWorks 1/2**♫ Melanie Salvatore-August
- 12:15-1:15 **Vinyasa Flow 2/3**♫ Jamie McMaster 🌡
- 12:30-1:30 **Gentle Yoga** Colleen Millen
- 1:30-2:30 **Yoga Blend 1/2**♫ Mandy Jackson
- 5:30-6:40 **Vinyasa Flow 2**♫ Allan Jacinto
- 6:00-7:15 **Forrest Yoga 1/2** Colleen Millen
- 6:45-8:00 **Restoratives**♫ Allan Jacinto

SATURDAY

- 8:00-8:55 **SculptWorks® 1/2**♫ Ali Letsch
- 8:30-9:45 **YogaWorks 1** Wes Linch
- 9:00-10:15 **YW Flow 2**♫ Melanie Salvatore-August 🌡
- 10:30-11:45 **YogaWorks 1/2**♫ Melanie Salvatore-August
- 10:45-11:45 **Therapeutics** Angela Imhoff
- 11:15-12:45 **Vinyasa Flow 2/3**♫ Jamie McMaster 🌡
- 2:00-3:25 **Yoga Blend 2** Suzanne Drolet
- 3:45-4:45 **Yoga Blend 1** Suzanne Drolet

PILATES REFORMER CLASSES

Class offered daily for an additional fee. Complete schedule available at our front desk. Pre-registration required.

SUNDAY

- 8:00-9:00 **YW Cardio Flow® 2**♫ Julie Conrad 🌡
- 8:15-9:10 **TRX® 2**♫ Kim Aardalen
- 9:30-10:30 **Contemporary Pilates Mat 1**♫ Ivy Noceto
- 10:30-12:00 **YogaWorks 1/2** Mynx Inatsugu
- 12:15-1:30 **Yoga Blend 1** Kate Douglas
- 12:30-2:00 **Vinyasa Flow 2/3**♫ Erin Cookston
- 4:15-5:30 **Yoga Blend 1/2**♫ Dave Larot
- 4:30-5:40 **Vinyasa Flow 2**♫ Allan Jacinto
- 5:45-7:00 **Yin Yoga**♫ Allan Jacinto

LEGEND

- ♫ Music
- 🌡 Come prepared for room temperatures 85 degrees and above
- ★ Complimentary class taught by a recent YogaWorks 500-hour Teacher Training Graduate
- * Fundamentals of Yoga takes place 2 Tuesdays per month. Check with studio for specific dates and teachers. Free to all. Pre-registration recommended.

Visit yogaworks.com for substitute teachers and holiday hours.