

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ashtanga/ Mysore 2/3* 7:00-9:00 John Berlinsky / Lea Watkins	Ashtanga/ Mysore 2/3* 7:00-9:00 John Berlinsky / Lea Watkins	Ashtanga/ Mysore 2/3* 7:00-9:00 John Berlinsky / Lea Watkins	Ashtanga/ Mysore 2/3* 7:00-9:00 John Berlinsky / Lea Watkins	Ashtanga/ Mysore 2/3* 7:00-9:00 John Berlinsky / Lea Watkins	8:00-9:30 Vinyasa Flow 2 Eric Monkhouse	9:00-10:25 Yoga Blend 1 Anna Proctor
9:30-10:45 YogaWorks 1/2 Joanna Saxby	9:15-10:45 Forrest Yoga 2 Pete Guinosso	9:30-10:45 YogaWorks 1/2 Joanna Saxby	9:15-10:45 Forrest Yoga 2 Pete Guinosso	9:30-10:45 YogaWorks 1/2 Joanna Saxby	8:30-9:55 Iyengar 3 Alice Rocky	9:30-11:00 Vinyasa Flow 2/3 James Higgins
9:30-10:55 YogaWorks 2/3 Erika Trice	9:30-10:45 Yoga Blend 1 Michele Klink	9:30-10:55 YogaWorks 2/3 Erika Trice	9:30-10:45 Yoga Blend 1 Michele Klink	9:30-10:55 YogaWorks 2/3 Erika Trice	9:45-11:15 Vinyasa Flow 3 Sharon Lape	10:30-12:00 Yoga Blend 1/2 Kelsey Gallegos
11:00-12:25 Vinyasa Flow 2/3 Eric Monkhouse	11:00-12:15 Vinyasa Flow 2/3 Sharon Lape	11:00-12:25 Vinyasa Flow 2/3 Eric Monkhouse	11:00-12:15 Vinyasa Flow 2/3 Sharon Lape	11:00-12:25 Iyengar 2/3 Robert Brook	Anusara 10:00-11:25 Inspired 2 Michele Klink	11:15-12:45 YW Flow 2 Hillary Skibell
11:15-12:45 Iyengar 1/2 Karen Kukula	11:00-12:25 Iyengar 2/3 Barbara Fabbri	11:15-12:45 Iyengar 1/2 Karen Kukula	11:00-12:25 Iyengar 2/3 Barbara Fabbri	11:15-12:45 Iyengar 1/2 Karen Kukula	11:30-12:55 Yoga Blend 1 Michele Klink	5:00-6:15 Vinyasa Flow 2/3 Christy Brown
Classical 12:30-1:30 Pilates Mat 1/2 Fernanda Repsold	12:30-1:45 Vinyasa Flow 2 Sarah Pascual	Classical 12:30-1:30 Pilates Mat 2/3 Fernanda Repsold	12:30-1:45 Vinyasa Flow 2 Sarah Pascual	12:30-1:30 Vinyasa Flow 2 Sharon Lape	1:15-2:15 Vinyasa Flow 2/3 Sarah Pascual	6:30-8:00 Yin Yoga Christy Brown
4:30-5:55 Vinyasa Flow 2/3 Sharon Lape	4:30-5:45 Yoga Blend 1/2 Sam Greenlief	4:30-5:55 Vinyasa Flow 2/3 Sharon Lape	4:30-5:45 Yoga Blend 1/2 Sam Greenlief	4:15-5:30 Yoga Blend 1 Sam Greenlief		
4:30-5:55 Yin Yoga Diana Estey	4:30-5:55 Vinyasa Flow 2/3 Christy Brown	4:30-5:55 Yin Yoga Peggy Orr	4:30-5:55 Vinyasa Flow 2/3 Christy Brown	4:30-6:00 YW Flow 2 Nikki Estrada		
Anusara 6:00-7:25 Inspired 1/2 Michele Klink	6:15-7:25 Iyengar 1 Karen Kukula	Anusara 6:00-7:25 Inspired 1/2 Michele Klink	6:15-7:25 Iyengar 1 Karen Kukula	6:30-8:30 Restoratives Beverlee Burke		
6:15-7:45 Vinyasa Flow 2/3 Peggy Orr	6:15-7:40 YogaWorks 2/3 Erika Trice	6:15-7:45 Vinyasa Flow 2/3 Peggy Orr	6:15-7:45 Vinyasa Flow 2/3 Erik Monkhouse			
7:30-8:30 Candle Flow 2 Lisa Rueff	7:30-8:30 Yoga Blend 1/2 Anna Proctor	7:30-8:30 Candle Flow 2 Lisa Rueff	7:30-8:30 Yoga Blend 1/2 Anna Proctor			

LEGEND

* Ashtanga/Mysore classes do not meet on moon days including:
(9/27, 10/12, 10/26, 11/10, 11/25, 12/10, 12/24)

🎵 Music

🔥 Come prepared for room temperatures 85 degrees and above
Visit yogaworks.com for substitute teachers