

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Yoga Blend 1/2 Sonia Roberts	6:00-7:00 Yoga Blend 2 Dave Larot	6:00-7:00 Yoga Blend 1/2 Sonia Roberts	6:00-7:00 Yoga Blend 2 Dave Larot	6:00-7:00 Yoga Blend 1/2 Sonia Roberts	8:00-8:55 SculptWorks® 1/2 Ali Letsch	8:00-8:55 YW Cardio Flow 2 ♪ Melanie Salvatore-August
8:30-9:45 Yoga Blend 1 Wes Linch	9:15-10:10 BarWorks® 1/2 Mindy Kreis	7:00-8:00 Vinyasa Flow 2 Ali Letsch ★	9:15-10:10 BarWorks® 1/2 Mindy Kreis	9:00-10:00 YW Cardio Flow 2/3 Melanie Salvatore-August ♪	8:30-9:45 Yoga Blend 1 Wes Linch	8:30-9:45 Yoga Blend 1 Kate Douglas ★
8:45-10:00 Vinyasa Flow 2/3 Tina Rath	9:30-10:25 YW Cardio Flow 2 Melanie Salvatore-August ♪	8:30-9:45 Yoga Blend 1 Wes Linch	9:30-10:25 YW Cardio Flow 2 Melanie Salvatore-August ♪	9:15-10:10 SculptWorks® 2 Ali Letsch	9:00-10:15 YW Flow 2 Melanie Salvatore-August ♪	9:15-10:15 Contemporary Pilates Mat 1 Ivy Noceto
10:15-11:40 YogaWorks 1/2 Mynx Inatsugu	9:30-10:45 YogaWorks 1/2 Angie Norwood	8:45-10:00 Vinyasa Flow 2/3 Tina Rath	9:30-10:45 YogaWorks 1/2 Angie Norwood	10:15-11:40 YogaWorks 1/2 Melanie Salvatore-August	10:45-11:45 Therapeutics Angela Imhoff	9:15-10:40 Prenatal Melanie Salvatore-August
12:00-1:00 Therapeutics Angie Norwood	10:15-11:30 Yoga Blend 1 Valerie Aksoy	9:15-10:10 SculptWorks® 1/2 VJ Jones	10:15-11:30 Yoga Blend 1 Valerie Aksoy	12:15-1:15 Vinyasa Flow 2/3 Jamie McMaster ♪	10:30-11:55 YogaWorks 1/2 Melanie Salvatore-August	10:30-11:55 YogaWorks 1/2 Mynx Inatsugu
12:15-1:15 Vinyasa Flow 2/3 Lauri Bunting ♪	11:00-12:00 Therapeutics Angie Norwood	10:15-11:40 YogaWorks 1/2 Mynx Inatsugu	11:00-12:00 Therapeutics Angie Norwood	12:30-1:30 Gentle Yoga Colleen Millen	11:15-12:45 Vinyasa Flow 2/3 Jamie McMaster ♪	12:30-2:00 Vinyasa Flow 2/3 Lauri Bunting ♪
1:30-2:30 Yoga Blend 1/2 Sarah Pascual	12:00-1:00 Vinyasa Flow 2 Otto Dittmer	12:00-1:00 Therapeutics Angie Norwood	12:00-1:00 Vinyasa Flow 2 Otto Dittmer	1:30-2:30 Yoga Blend 1/2 Dave Larot	1:00-2:15 Yoga Blend 1 Julie Conrad ★	2:30-3:45 Gentle Yoga Angela Imhoff
4:30-5:45 Viniyoga 1/2 Mynx Inatsugu	4:30-5:45 YogaWorks 1/2 Mynx Inatsugu	12:15-1:15 Vinyasa Flow 2/3 Jamie McMaster ♪	4:30-5:45 YogaWorks 1/2 Mynx Inatsugu	5:30-6:40 Vinyasa Flow 2 Allan Jacinto	2:00-3:30 Yoga Blend 2 Sonia Roberts	4:15-5:30 Yoga Blend 1/2 Dave Larot
5:00-5:55 BarWorks® 1/2 Angela Evans	6:00-6:55 SculptWorks® 1/2 Janine Ellis	12:30-1:25 Pilates Mat 1/2 Ivy Noceto	6:00-6:55 SculptWorks® 1/2 Otto Dittmer	6:00-7:15 Forrest Yoga 1/2 Colleen Millen	3:30-4:45 Yoga Blend 1/2 Suzanne Drolet	4:30-5:40 Vinyasa Flow 2 Allan Jacinto
6:00-6:55 Classical Pilates Mat 1/2 Larissa Jones	6:00-7:00 Yoga Blend 1 Amanda Jackson ★	1:30-2:30 Yoga Blend 1 Sarah Pascual	6:15-7:45 YW Flow 2 Mynx Inatsugu ♪	6:45-8:00 Restoratives Allan Jacinto		5:45-7:00 Yin Yoga Allan Jacinto
6:00-7:25 YW Flow 2/3 Angie Norwood ♪	6:15-7:45 YW Flow 2 Mynx Inatsugu ♪	4:30-5:45 Viniyoga 1/2 Mynx Inatsugu	7:00-7:55 DanceWorks® Molly Underhill-Kozma			
6:15-7:30 Yoga Blend 1/2 Sonia Roberts	7:15-8:30 Yoga Blend 1/2 Otto Dittmer	5:00-5:55 BarWorks® 1/2 Angela Evans	7:15-8:30 Yoga Blend 1/2 Otto Dittmer			
7:30-8:45 Vinyasa Flow 2 Otto Dittmer	7:00-7:55 DanceWorks® Molly Underhill-Kozma	6:00-7:25 YW Flow 2/3 Angie Norwood ♪	8:00-9:00 Yoga Blend 1 w/ Restoratives Gretchen Zoll ★			
8:00-9:00 Yoga Blend 1 Valerie Aksoy		6:15-7:30 Yoga Blend 1/2 Sonia Roberts				
		7:30-8:25 SculptWorks® 2 Ali Letsch				
		7:30-8:45 Vinyasa Flow 2 Otto Dittmer				
		8:00-9:00 Yoga Blend 1 Valerie Aksoy				

PILATES REFORMER CLASSES

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

LEGEND

♪ Music
 ♪ Come prepared for room temperatures 85 degrees and above
 ★ Class is taught by a 500-hour Teacher Training Graduate
 Visit yogaworks.com for substitute teachers