

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:30 Iyengar 1/2 Karen Kukula	9:30-10:55 YogaWorks 2 🎵 Hillary Skibell	9:15-10:30 Iyengar 1/2 Karen Kukula	9:30-10:55 YogaWorks 2 🎵 Hillary Skibell	9:30-10:45 Yoga Blend 1 🎵 Sam Greenlief	8:00-9:15 Yoga Blend 1/2 🎵 Becca Sogge ★	Ashtanga/ Mysore 2/3* Lea Watkins
9:30-10:45 Yoga Blend 1 🎵 Sam Greenlief	9:30-10:55 Iyengar 1 Jacqueline Gerson	9:30-10:45 Yoga Blend 1 🎵 Sam Greenlief	9:30-10:55 Iyengar 1 Jacqueline Gerson	9:30-11:00 YW Flow 2/3 Nikki Estrada	9:00-10:15 Yoga Blend 1 🎵 Karyn Holland	8:30-10:00 Anusara 2/3 Ulrika Engman
9:30-11:00 YW Flow 2/3 Nikki Estrada	9:30-11:00 Vinyasa Flow 2/3 🎵 James Higgins	9:30-11:00 YW Flow 2/3 Nikki Estrada	9:30-11:00 Vinyasa Flow 2/3 🎵 James Higgins	11:15-12:25 Yoga Blend 2 🎵 Michele Klink	9:00-10:25 Iyengar 2 Jacqueline Gerson	9:30-10:45 Yoga Blend 1 🎵 Karyn Holland
11:15-12:45 Vinyasa Flow 2/3 🎵 James Higgins	11:15-12:40 Yoga Blend 1/2 🎵 Christy Brown	11:15-12:25 Yoga Blend 2 🎵 Michele Klink	11:15-12:40 Yoga Blend 1/2 🎵 Christy Brown	11:15-12:45 Vinyasa Flow 2/3 🎵 Peggy Orr	9:30-10:55 Vinyasa Flow 2/3 🎵 Lisa Maria	10:15-11:30 Anusara 1/2 Ulrika Engman
12:30-1:45 Yoga Blend 1/2 🎵 Janna Barkin	11:15-12:45 Prenatal 🎵 Janna Barkin	12:30-1:45 Yoga Blend 1/2 🎵 Janna Barkin	12:45-2:00 Yoga Blend 2 🎵 Nubia Teixeira	12:30-1:45 Yoga Blend 1/2 🎵 Janna Barkin	10:30-11:55 YogaWorks 1/2 🎵 Hillary Skibell	10:15-11:45 Vinyasa Flow 2 🎵 Peggy Orr
4:30-5:45 Yoga Blend 1/2 🎵 Sam Greenlief	12:30-1:30 Pilates Mat 1/2 Elizabeth Larkam	4:30-5:45 Yoga Blend 1/2 🎵 Sam Greenlief	4:30-5:45 Yoga Blend 1/2 🎵 Peggy Orr	4:30-5:45 Vinyasa Flow 2 🎵 Diana Estey	10:30-11:55 Vinyasa Flow 2/3 🎵 Karyn Holland	12:00-1:30 Vinyasa Flow 3 🎵 Peggy Orr
4:45-6:00 YW Flow 2/3 🎵 Hilary Skibell	12:45-2:00 Yoga Blend 2 🎵 Nubia Teixeira	4:45-6:00 YW Flow 2/3 🎵 Hilary Skibell	4:45-5:55 Vinyasa Flow 2/3 🎵 Lisa Maria	6:30-8:00 Restoratives 🎵 Mirabai Warkulwiz	4:30-6:00 Yoga Blend 1/2 🎵 Dave Larot	4:30-5:45 Yoga Blend 1 Suzanne Drolet
6:00-7:15 Yoga Blend 1 🎵 Sam Greenlief	4:30-5:45 Yoga Blend 1/2 🎵 Peggy Orr	6:00-7:15 Yoga Blend 1 🎵 Sam Greenlief	6:00-7:25 Yin Yoga 🎵 Diana Estey			4:30-5:55 Yoga Blend 2/3 Stefanie Renard
6:00-7:25 Iyengar 2 Jacqueline Gerson	4:45-5:55 Vinyasa Flow 2/3 🎵 Lisa Maria	6:00-7:25 Iyengar 2 Jacqueline Gerson	6:00-7:25 Yoga Blend 1 🎵 Michele Klink			6:00-7:15 Vinyasa Flow 2 🎵 Diana Estey
6:15-7:30 Vinyasa Flow 2/3 🎵 Nubia Teixeira	6:00-7:25 Yin Yoga 🎵 Diana Estey	6:15-7:30 Vinyasa Flow 2/3 🎵 Nubia Teixeira	7:30-9:00 Restoratives Beverlee Burke			
7:30-8:30 Yoga Blend 1 Heidi Segedin	6:00-7:25 Yoga Blend 1 🎵 Michele Klink	7:30-8:30 Yoga Blend 1 Heidi Segedin	7:45-8:55 Yoga Blend 1/2 Jonathan Pofsky			
7:45-8:55 YW Flow 2 Joanna Saxby	7:45-8:55 Yoga Blend 1/2 Jonathan Pofsky	7:45-8:55 YW Flow 2 Joanna Saxby				

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

★ Class is taught by a 500-hour Teacher Training Graduate
Visit yogaworks.com for substitute teachers