

# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-7:30am CFY VINYASA FLOW 2		6:30am-7:30am CFY VINYASA FLOW 2		6:30am-7:30am CFY VINYASA FLOW 2		8:30am-9:45am VINYASA FLOW 2/3 Ashley Platz
8:00am-9:15am VINYASA FLOW 2/3 Kara Mcnamara Corboy	7:30am-8:45am CFY VINYASA FLOW 2/3 Caleb Aschkynazo	8:00am-9:15am VINYASA FLOW 2/3 Kara Mcnamara Corboy	7:30am-8:45am CFY VINYASA FLOW 2/3 Caleb Aschkynazo		9:00am-10:15am CFY 1/2 Mollie Johnson	9:00am-10:15am CFY 1/2 Mollie Johnson
9:00am-10:15am CFY 1 Elisa Barretta	10:30am-11:45am CFY 1/2 Clio Manuelian	9:00am-10:15am CFY 1 Elisa Barretta	10:30am-11:45am CFY 1/2 Clio Manuelian	9:00am-10:15am CFY 1 Elisa Barretta	10:00am-11:30am VINYASA FLOW 2/3 w/ music Joe Kara	10:00am-11:30am VINYASA FLOW 2/3 w/ music Joe Kara
10:30am-11:45am VINYASA FLOW 2/3 Grace Huang-Otto	11:30pm-12:30pm GENTLE Virgilia Barrera	10:30am-11:45am VINYASA FLOW 2/3 Grace Huang-Otto	11:30pm-12:30pm GENTLE Virgilia Barrera	10:30am-11:45am VINYASA FLOW 2/3 Grace Huang-Otto		
11:00am-12:30pm ASHTANGA LED PRIMARY Jodi Blumstein Begins Oct 11th	12:15pm-1:15pm VINYASA FLOW 2/3 Joan Hyman <small>(beginning October 19)</small>	11:00am-12:30pm MYSORE - ASHTANGA Jodi Blumstein Begins Oct 11th	12:15pm-1:15pm VINYASA FLOW 2/3 Joan Hyman <small>(beginning October 19)</small>			10:30am-11:30am PILATES Pia Kamonsit
		12:00pm-1:15pm GENTLE Lila Bassior			12:00pm-1:15pm CFY 1 Nancy Sandercock	12:00pm-1:15pm CFY 1 Nancy Sandercock
	4:30pm-5:30pm PILATES Pia Kamonsit		4:30pm-5:30pm PILATES Pia Kamonsit		1pm-2:15pm VINYASA FLOW 1/2 Deborah Lee	1pm-2:15pm VINYASA FLOW 1/2 Deborah Lee
4:30pm-5:45pm VINYASA FLOW 2/3 Dearbhla Kelly	4:30pm-5:45pm IYENGAR Timothy Grundy	4:30pm-5:45pm VINYASA FLOW 2/3 Dearbhla Kelly	4:30pm-5:45pm IYENGAR Timothy Grundy	4:30pm-5:45pm VINYASA FLOW 2/3 Dearbhla Kelly		
6:00pm-7:25pm IYENGAR Leslie Peters	6:00pm- 7:15pm CFY VINYASA FLOW 2 Jeanne Heileman	6:00pm-7:25pm IYENGAR Leslie Peters	6:00pm- 7:15pm CFY VINYASA FLOW 2 Jeanne Heileman			
6:30pm-7:45 pm VINYASA FLOW 2/3 Joe Kara	6:00pm-7:15pm CFY 1 Lila Bassior	6:30pm-7:45 pm VINYASA FLOW 2/3 Joe Kara	6:00pm-7:15pm CFY 1 Lila Bassior			
7:00pm-8:10pm CFY VINYASA FLOW 2 Ashley Rideaux	7:20pm-7:55pm MEDITATION Jeanne Heileman	7:00pm-8:10pm CFY VINYASA FLOW 2 Ashley Rideaux	7:20pm-7:55pm MEDITATION Jeanne Heileman	6:30pm -7:45pm RESTORATIVES Nancy Sandercock		
8:15pm-8:50pm MEDITATION Ashley Rideaux		8:15pm-8:50pm MEDITATION Ashley Rideaux				
<p>Visit us at <a href="http://www.CenterForYogaLA.com">www.CenterForYogaLA.com</a> @CenterForYogaLA 323-498-0222</p>						