

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-7:30am CFY 2 Hikaru Lee		6:30am-7:30am CFY VINYASA FLOW 2 ♪ Pia Kamonsit		6:30am-7:30am CFY VINYASA FLOW 2 ♪ Pia Kamonsit		8:30am-9:45am VINYASA FLOW 2/3 ♪ Ashley Platz
8:30am-9:45am VINYASA FLOW 2/3 ♪ Kara Mcnamara Corboy	8:00am-9:00am CFY VINYASA FLOW 2/3 ♪ Klara Bella	8:30am-9:45am VINYASA FLOW 2/3 ♪ Kara Mcnamara Corboy	8:00am-9:00am CFY VINYASA FLOW 2/3 ♪ Klara Bella			9:00am-10:15am CFY 1/2 Mollie Johnson
9:00am-10:15am CFY 1/2 ♪ Elisa Barretta		9:00am-10:15am CFY 1/2 ♪ Elisa Barretta		9:00am-10:15am CFY 1/2 ♪ Elisa Barretta	9:00am-10:15am CFY 1/2 Mollie Johnson	9:30am-10:25am PILATES ♪ Pia Kamonsit
10:00am-11:15am VINYASA FLOW 2/3 ♪ Grace Huang-Otto	10:30am-11:45am CFY 1/2 ♪ Clio Manuelian	10:00am-11:15am VINYASA FLOW 2/3 ♪ Grace Huang-Otto	10:30am-11:45am CFY 1/2 ♪ Clio Manuelian	10:00am-11:15am VINYASA FLOW 2/3 ♪ Grace Huang-Otto	10:00am-11:30am VINYASA FLOW 2/3 ♪ Joe Kara	10:00am-11:30am VINYASA FLOW 2/3 ♪ Joe Kara
11:00am-12:30pm ASHTANGA LED PRIMARY Jodi Blumstein		11:00am-12:30pm ASHTANGA Mysore PRIMARY Jodi Blumstein				9:00am-10:15am CFY 1/2 Mollie Johnson
		12:00pm-1:15pm GENTLE & SOUND BATH ♪ Lila Bassior			12:00pm-1:15pm CFY 1 Nancy Sandercock	12:00pm-1:15pm CFY 1 Nancy Sandercock
	12:15pm-1:30pm VINYASA FLOW 2/3 Joan Hyman	12:15pm-1:30pm VINYASA FLOW 2/3 ♪ Erin Grossman (starts 11/17)	12:15pm-1:30pm VINYASA FLOW 2/3 Joan Hyman	12:15pm-1:30pm VINYASA FLOW 2/3 ♪ Erin Grossman (starts 11/19)	1:00pm-2:15pm VINYASA FLOW 1/2 ♪ Deborah Lee	1:00pm-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		
5:30pm-6:45pm CFY VINYASA FLOW 2 ♪ Ashley Rideaux	5:00pm-5:50pm PILATES ♪ Pia Kamonsit	5:30pm-6:45pm CFY VINYASA FLOW 2 ♪ Ashley Rideaux	5:00pm-5:50pm PILATES ♪ Pia Kamonsit			
6:00pm-7:25pm IYENGAR Becky Patel	5:00pm-6:15pm VINYASA FLOW 2/3 ♪ Caleb Aschkynazo	6:00pm-7:25pm IYENGAR Becky Patel	5:00pm-6:15pm VINYASA FLOW 2/3 ♪ Caleb Aschkynazo			
6:30pm-7:45 pm VINYASA FLOW 2/3 ♪ Joe Kara	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 VINYASA FLOW 2 Jeanne Heileman			
6:45pm-7:20pm MEDITATION Ashley Rideaux	6:00pm-7:15pm CFY 1 ♪ Lila Bassior	6:45pm-7:20pm MEDITATION Ashley Rideaux	6:00pm-7:15pm CFY 1 ♪ Lila Bassior	6:30pm -7:45pm RESTORATIVES Nancy Sandercock		
	7:20pm-7:55pm MEDITATION Jeanne Heileman		7:20pm-7:55pm MEDITATION Jeanne Heileman			
<p>Visit us at www.CenterForYogaLA.com @CenterForYogaLA 323-498-0222</p>						