

# Yoga

# WINTER 2019

JANUARY 7 - MARCH 17

NO CLASSES: 1/19, 1/20, 1/21, 2/16, 2/17, 2/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA FLOW, L1/2 6:30-7:30AM DYNASTY RM, JWC (ASHLEY)	YOGA FOR MOBILITY, L1 7:00-8:00AM DYNASTY RM, JWC (ANIA)	YOGA FLOW, L1/2 6:30-7:30AM DYNASTY RM, JWC (ASHLEY)	YOGA FOR MOBILITY, L1 7:00-8:00AM DYNASTY RM, JWC (ANIA)	YOGA FLOW, L1/2 10:15-11:30AM DYNASTY RM, JWC (MARCO)	ASHTANGA YOGA*, M2 9:00-10:30AM SQUASH COURT A (ANIA) <small>*KFIT passes ok for this class only</small>
GENTLE YOGA, L1 9:00-10:15AM DYNASTY RM, JWC (DARRIAN)	CORE YOGA FLOW, L1/2 8:15-9:15AM DYNASTY RM, JWC (ANIA)	GENTLE YOGA, L1 9:00-10:15AM DYNASTY RM, JWC (DARRIAN)	CORE YOGA FLOW, L1/2 8:15-9:15AM DYNASTY RM, JWC (ANIA)	MIXTAPE YOGA & CHILL, L2/3 5:30-7:00PM DYNASTY RM, JWC (MARCO)	<b>Sunday</b> YOGA FLOW, L1/2 4:00-5:30PM DYNASTY ROOM, JWC (NICOLE)
YOGA PLUS 3, L1/2 10:30-11:45AM GOLD RM, JWC (MONA)	YOGA TUNE UP, L1/2 10:15-11:30AM DYNASTY RM, JWC (TIFFANY)	NAP TIME YOGA, L1 3:15-3:45PM PYRAMID RM, JWC (ISABELLE)	YOGA TUNE UP, L1/2 10:15-11:30AM DYNASTY RM, JWC (TIFFANY)		YOGA FLOW & RELAXATION L1/2 6:00-7:30PM DYNASTY ROOM, JWC (NICOLE)
CORE YOGA FLOW BEGINNER FUNDAMENTALS, L1 3:00-4:00PM PYRAMID RM, JWC (ISABELLE)	YOGA SCULPT, L2 12:00-1:00PM PYRAMID ROOM, JWC, (MADISON)	YOGA SCULPT, L2/3 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)	YOGA FLOW, L2 12:00-1:00PM DYNASTY RM, JWC (ASHLEY)		
YOGA FLOW, L1/2 4:00-5:00PM DYNASTY RM, JWC (MARCO)	CORE YOGA FLOW, L2 1:10-2:10PM DYNASTY RM, JWC (MADISON)	DEEP STRETCHING & RELAXATION, L1/2 7:25-8:25PM PYRAMID RM, JWC (ISABELLE)	YOGA SCULPT, L2 1:10-2:10PM PYRAMID RM, JWC, (MADISON)		
YOGA SCULPT, L2/3 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)	CORE YOGA FLOW, L2/3 3:00-4:00PM PYRAMID RM, JWC (SOPHIA)		CORE YOGA FLOW, L2/3 3:00-3:55PM DYNASTY RM, JWC (SOPHIA)		
ARM BALANCES & INVERSIONS M2/3 5:00-7:00PM SQUASH COURT A, JWC (MARCO)	YOGA FLOW, L2/3 4:30-5:45PM DYNASTY RM, JWC (NICOLE)		YOGA FLOW, L2/3 4:30-5:45PM DYNASTY RM, JWC (CHIOMA)		
CORE YOGA FLOW L1/2 6:20-7:20PM PYRAMID RM, JWC (ISABELLE)	CORE YOGA FLOW L1/2 6:00-7:10PM DYNASTY RM, JWC (TAYLOR)		AFROBEAT YOGA L1/2 6:00-7:10PM DYNASTY RM, JWC (CHIOMA)		
YOGA FLOW, M2/3 7:30-8:30PM PYRAMID RM, JWC (MARCO)					

*Unlimited access to all  
Yoga classes at the  
John Wooden Center and  
Sunset Canyon Recreation.  
Only \$45 per quarter.*

## Get Started with a Yoga Pass

All you can yoga. Unlimited access to all classes

Cost: \$45/quarter

Get your Yoga Pass: 1st floor  
John Wooden Center  
Sales & Service.

Check [www.recreation.ucla.edu/yoga](http://www.recreation.ucla.edu/yoga) for workout  
descriptions and updates.

All classes are on a space-available basis. Participants  
must be present for warm-up. **No late entry.** No auditing.

Wear athletic clothing  
no shoes required.

**Bring your own yoga mat.**

**Locations:**

JWC: John Wooden Center

SCRC: Sunset Canyon Recreation Center