



yoga source
 3122 west cary street • suite 220
 richmond va 23221 • 804.359.9642

class schedule

holiday 2017-18

december 11 - january 7

4 week session

closed sunday-monday, 12/24-25 & monday, 1/1

intelligent. transformative. effective.

mon

tue

wed

thu

fri

sat

sun

845-10 am	830-930 am	930-11 am	830-930 am	9-1015 am	9-1030 am	945-1045 am
yogaworks flow 2 yaco	vinyasa flow 1.5 lynne	gentle w/ restoratives 1 lynne	vinyasa flow 1.5 lynne	yogabuild 1.5 heather c	gentle w/ restoratives 1 hillary	vinyasa flow 1 heather z
9-1015 am	930-1030 am	515-615 pm	930-1030 am	930-1030 am	930-1045 am	4-530 pm
yogabuild 1.5 heather c	yogabasics 1 paula	core flow 2 tia	yogaworks flow 1 yaco	yogabarre* 1 heather z	vinyasa flow 1.5 amanda	gentle w/ restoratives 1 amanda <i>12/27 & 1/7 only</i>
1015-1115 am	430-530 pm	6-730 pm	930-1030 am	930-1030 am	1045-1145 am	430-530 pm
chair yoga 1 yaco	vinyasa flow 1 paula	iyengar 2 myra	yogabarre* 1 heather z	yogabasics 1 paula	yogabasics 1 heather c	core flow 2 julie <i>12/27 & 1/7 only</i>
515-615 pm	515-615 pm	630-730 pm	5-615 pm	515-615 pm		
core flow 1.5 michael	yogabarre* 1 tia	vinyasa flow 1 michael	yin 1 hillary	core flow 1.5 yaco		
530-7 pm	615-730 pm	630-745 pm	615-730 pm			
iyengar 1.5 myra	vinyasa flow 1.5 heather c	yin 1 hillary	vinyasa flow 1.5 michael			
6-715 pm	630-8 pm		630-730 pm			
yin 1 lynne	prenatal 1 hillary		yogabasics 1 paula			
715-830 pm			630-745 pm			
iyengar 1 myra			kundalini 1 holly			

**online registration required for yogabarre classes
 - visit www.yogarichmond.com for more info -*