



yoga source
 3122 west cary street • suite 220
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class schedule

fall 2017

september 18 - december 10

12 week session

closed thursday, 11/23 - thanksgiving day

intelligent. transformative. effective.

mon	tue	wed	thu	fri	sat	sun
845-10 am yogaworks flow 2 yaco	845-945 am vinyasa flow 1.5 lynne	630-730 am vinyasa flow 1.5 julie	845-945 am vinyasa flow 1.5 lynne	845-945 am yogabarre* 1 heather z	9-1030 am gentle w/ restoratives 1 hillary	945-1045 am vinyasa flow 1 heather z
9-1015 am yogabuild 1.5 heather c	930-1030 am yogabasics 1 paula	845-945 am yogabarre* 1 stephanie	930-1030 am yogaworks flow 1 yaco	9-1015 am yogabuild 1.5 heather c	930-1045 am vinyasa flow 1.5 amanda	11-1215 pm yogabuild 1.5 heather z
1015-1115 am chair yoga 1 yaco	930-1030 am yogabarre* 1 tia	930-11 am gentle w/ restoratives 1 lynne	930-1030 am yogabarre* 1 heather z	930-1030 am yogabasics 1 paula	1030-1130 am yogabarre* 1 stephanie	4-530 pm gentle w/ restoratives 1 amanda
515-615 pm core flow 1.5 michael	430-530 pm vinyasa flow 1 paula	515-615 pm core flow 1.5 tia	5-615 pm yin 1 hillary	515-615 pm core flow 1.5 yaco	1045-1145 am yogabasics 1 heather c	430-530 pm core flow 1.5 julie
530-7 pm iyengar 1.5 myra	5-6 pm yogabarre* 1 tia	6-730 pm iyengar 2 myra	5-6 pm yogabarre* 1 tia		1230-130 pm intro to yoga staff <i>free!</i> <i>9/23, 10/28, 11/25</i>	
6-715 pm yin 1 lynne	615-730 pm vinyasa flow 1.5 heather c	630-730 pm vinyasa flow 1 michael	615-730 pm vinyasa flow 1.5 michael			
630-8 pm vinyasa flow 2 heather z	630-8 pm prenatal 1 mary jo	630-745 pm yin 1 hillary	630-730 pm yogabasics 1 paula			
715-830 pm iyengar 1 myra			630-745 pm kundalini 1 holly			

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