



yoga source
 3122 west cary street • suite 220
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class schedule

spring 2017

april 3 - june 25

12 week session
 closed monday, 5/29 - memorial day

intelligent. transformative. effective.

mon	tue	wed	thu	fri	sat	sun
830-10 am yogaworks flow 2+ yaco	830-945 am vinyasa flow 2+ lynne	830-930 am yogabarre* 1 stephanie	830-945 am vinyasa flow 2+ lynne	9-1015 am yogabuild 1.5 heather c	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	930-11 am gentle w/ restoratives 1 lynne	930-1030 am yogaworks flow 1 yaco	930-1030 am yogabasics 1 paula	915-1030 am yogabuild 1.5 bekah	11-1215 pm yogabuild 1.5 heather z
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	5-6 pm yogabarre* 1 anna	1030-1130 am yogabarre* 1 stephanie	4-530 pm gentle w/ restoratives 1 bekah
530-7 pm iyengar 1.5 myra	5-6 pm 4-wk series* yoga 101 heather c <i>starts 4/11 & 5/9</i>	6-730 pm iyengar 2+ myra	5-615 pm yogabarre* 1.5 tia	515-615 pm core flow 1.5 yaco	1045-1215 pm vinyasa flow 2+ heather c	430-530 pm core flow 1.5 julie
6-715 pm yin 1 heather c	5-615 pm yogabarre* 1.5 tia	630-730 pm vinyasa flow 1 michael	615-730 pm vinyasa flow 1.5 michael	630-730 pm special class* sacred sounds myra <i>4/21, 5/19 only</i>	1230-130 pm community staff free! <i>4/29, 5/20, 6/24 only</i>	
630-730 pm 4-wk series* for men michael <i>starts 4/3 & 5/1</i>	615-730 pm vinyasa flow 1.5 heather c	630-745 pm yin 1 tia	630-745 pm kundalini 1 holly			
715-815 pm iyengar 1 myra	630-8 pm prenatal 1 mary jo		630-8 pm prenatal 1 mary jo			

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