



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

class schedule

summer 2017

june 26 - september 17

12 week session

closed tuesday, 7/4 - independence day
 & sunday-monday, 9/3-4 - labor day

intelligent. transformative. effective.

mon	tue	wed	thu	fri	sat	sun
830-10 am yogaworks flow 2+ yaco	830-930 am vinyasa flow 1.5 lynne	7-8 am vinyasa flow 1.5 julie	830-930 am vinyasa flow 1.5 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	830-930 am yogabarre* 1 stephanie	930-1030 am yogaworks flow 1 yaco	930-1030 am yogabasics 1 paula	1030-1130 am yogabarre* 1 stephanie	11-1215 pm yogabuild 1.5 heather z
515-615 pm core flow 1.5 michael	430-530 pm vinyasa flow 1 paula	930-11 am gentle w/ restoratives 1 lynne	5-615 pm yin 1 hillary	5-6 pm yogabarre* 1 stephanie	1045-1215 pm vinyasa flow 2+ heather c	4-530 pm gentle w/ restoratives 1 bekah
530-7 pm iyengar 1.5 myra	5-6 pm yogabarre* 1 tia/heather z	515-615 pm core flow 1.5 tia/julie	5-6 pm yogabarre* 1 tia/heather z	515-615 pm core flow 1.5 yaco	1230-130 pm community 1 staff <i>free!</i> <i>7/22, 8/26, 9/23 only</i>	430-530 pm core flow 1.5 julie
6-715 pm yin 1 heather c	615-730 pm vinyasa flow 1.5 heather c	6-730 pm iyengar 2+ myra	615-730 pm vinyasa flow 1.5 michael			
715-815 pm iyengar 1 myra	630-8 pm prenatal 1 mary jo	630-730 pm vinyasa flow 1 michael	630-745 pm kundalini 1 holly			
		630-745 pm yin 1 hillary	630-8 pm prenatal 1 lynne			

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