yoga source

3122 west cary street • suite 220
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class schedule

winter 2017

jan 9 - apr 2

12 week session

intelligent. transformative. effective.

mon	tue	wed	thu	fri	sat	sun
830-10 am	6-7 am	830-930 am	830-930 am	830-930 am	830-10 am	945-1045 am
yogaworks flow 2/3 yaco	**yogabarre*** jordan	**yogabarre*** stephanie	**vinyasa flow 2** lynne	**vinyasa flow 2** heather	**yoga basics 2** bekah	**vinyasa flow 1** madeline
930-11 am	830-930 am	930-11 am	930-1030 am	930-1030 am	9-1030 am	10-1130 am
gentle w/ restoratives heather	**vinyasa flow 2** lynne	**gentle w/ restoratives** lynne	**yogaworks flow 1** yaco	**yogabarre*** stephanie	**gentle w/ restoratives** hillary	**ashaya 2/3** sarah f
515-615 pm	930-1030 am	515-615 pm	5-6 pm	930-1030 am	1030-1130 am	1130-1230 pm
core flow 2 hillary	**yoga basics 1** paula	**core flow 2** tia	**baby & me*** hillary	**yoga basics 1** paula	**yogabarre*** stephanie	**yogabarre*** jordan
530-7 pm	430-530 pm	6-730 pm	5-6 pm	515-615 pm	1045-1215 pm	4-530 pm
iyengar 2 myra	**vinyasa flow 1** paula	**iyengar 2/3** myra	**yogabarre*** tia	**core flow 2** yaco	**vinyasa flow 2** heather	**gentle w/ restoratives** madeline
6-730 pm	5-6 pm	630-730 pm	615-745 pm		1230-130 pm	430-530 pm
deep release heather	**yogabarre*** tia	**vinyasa flow 1** michael	**prenatal** mary jo		**community** staff *free!* *1/28, 2/25, 3/25 only*	**core flow 2** julie
715-815 pm	6-730 pm	630-8 pm	615-745 pm			
iyengar 1 myra	**ashaya 2** sarah f	**deep release** tia	**vinyasa flow 2** michael			
	615-745 pm		630-8 pm			
	vinyasa flow 2 heather		**kundalini** holly			
	630-8 pm					
	prenatal mary jo					

***online registration required for yogabarre and baby & me classes**
- series classes, special events & workshops also offered -