



HYBRID CLASS SCHEDULE

www.yogarichmond.com

Visit our website to sign up for a class today!
All of our classes are offered in-person and live-stream (hybrid)
unless otherwise noted.

SEPTEMBER 2021

MON	TUES	WEDS	THURS	FRI	SAT	SUN
830-945 am	815-915 am	830-915 am	815-915 am	830-915 am	9-1015 am	915-1015 am
Align+Refine 1/2 Yaco L/S*	Deep Stretch+ Meditation +L/S Preston	Barre Xprss Jamie +L/S	Deep Stretch+ Meditation +L/S Jamie	Barre Xprss Jamie +L/S	Yin+ Meditation Hillary (IP)	Flow Basics Diana +L/S
930-1045 am	930-1030 am	930-1045 am	930-1030 am	930-1030 am	930-1030 am	
Flow 1/2 Paula (IP)	Hatha Basics Paula +L/S	Flow+ Restore Hillary +L/S	Align+Refine Yaco L/S*	Hatha Basics Paula +L/S	Yoga Barre Amie (IP) <i>starts 9/11</i>	
10-11 am	530-630 pm	530-630 pm	530-645 pm			
Stable+ Strong* Yaco L/S*	Slow Flow Sarah K +L/S	Core Flow 1/2 Yaco L/S*	Flow 1/2 Sarah B +L/S			
530-630 pm	6-715 pm	6-7 pm	6-715 pm			
Core Flow 1/2 Tia +L/S	Relax+ Restore Jennie (IP)	Flow Basics Sarah B (IP)	Yin+ Meditation Joy (IP)			
6-7 pm						
Yoga Barre Amie (IP)						

Note: IP = In Person only
L/S* = live-stream only

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