

Raleigh Yoga Center

www.raleighyoga.com

Weekly Class Schedule

Jan 2nd – Mar 26th 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				6-7 am Wake KIRSTEN		
				8:15-9:15 am Gentle Yoga BETH	8:00-9:15 am Yin Flow SALLY	
	10-11:30 am II JANE	10 -11:30 am I JANE	10-11:30 am Purna Yoga CATHARINE	9:45-11:15 m II JANE	10 -11:30 am I JANE	
	12-1:15 pm Cancer Survivors with LAURA					
			1-2 pm MELT CATHARINE			
5:30-7:00 pm Fundamentals JULIE	5:45-7:15 pm I JANE		5:45-7:15 pm I KIRSTEN			
		6:30-8:00 pm I / II JANE	7:30-8:45 pm Introduction KIRSTEN	6:15-7:45 pm I LAURA	6:30-8:30 pm Restorative 1/12 & 2/16 JESSICA	

Please visit our website www.raleighyoga.com for class/series details, descriptions, special events and registration

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