

Wake Forest Yoga Studio
January - February 2012 Class Schedule

Sunday

9:30 – 11:00am	Gentle Yoga	<i>Marty</i>
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Monday

9:30 – 11:00am	Level 1 Yoga	<i>Joanne</i>
5:00 – 5:45pm	Tai Chi 2	<i>Mary</i>
6:00 – 6:45 pm	Kids Yoga (ages 6-12)	<i>Carol G</i>
7:00 – 8:15pm	Yoga & Core	<i>Carol G</i>

Tuesday

9:30 – 11:00am	Level 2 Yoga	<i>Joanne</i>
6:15 – 7:15pm	Yoga Express Level 1	<i>Joanne</i>
7:30 – 9:00pm	Vinyasa Flow Level 1-2	<i>Jana</i>

Wednesday

10:00 – 11:00am	Yoga Basics	<i>Joanne</i>
6:00 – 7:00pm	Yoga Basics	<i>Sheila</i>
7:15 – 8:30pm	Basics & Beyond	<i>Carol B</i>

Thursday

6:15 – 7:15pm	Yoga Express Level 1	<i>Joanne</i>
7:30 – 9:00pm	Vinyasa Flow Level 1-2	<i>Jana</i>

Friday

6:00 – 7:00pm	Tai Chi 2	<i>Mary</i>
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Saturday

9:00 – 10:30am	All Levels Yoga	<i>Joanne</i>
1:00 – 2:15pm	Free Community Yoga (3rd Sat of month)	<i>Joanne</i>