

Wake Forest Yoga Studio
March - April 2012 Class Schedule

Monday

9:30 – 11:00am	Level 1 Yoga	Joanne
6:00 – 7:15pm	Yoga Basics	Joanne
7:30 – 9:00pm	Vinyasa Flow Level 1	Dare

Tuesday

9:30 – 11:00am	Level 2 Yoga	Joanne
11:15 – 12:15pm	Lunch Hour Yoga	Nicole
6:15 – 7:15pm	Yoga Express Level 1	Joanne
7:30 – 9:00pm	Vinyasa Flow Level 1-2	Jana

Wednesday

10:00 – 11:30am	Power Yoga	Joanne
6:00 – 7:15pm	Healthy Backs/Happy Hips Level 1	Joan C.
7:30 – 9:00pm	Hot Yoga	Nicole

Thursday

9:30 – 11:00pm	Vinyasa Flow All Levels	Jana
6:15 – 7:15pm	Yoga Express Level 1	Joanne
7:30 – 9:00pm	Vinyasa Flow Level 1-2	Jana

Saturday

9:00 – 10:30am	All Levels Yoga	Joanne
2:00 – 3:15pm	Free Community Yoga (3rd Sat of month)	Teacher will vary

Sunday

10:00 – 11:15am	Gentle Flow	Jana
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