

SPRING SCHEDULE

MAR. 28 - JUN. 19, 2022

12 week session

MON	TUE	WED	THUR	FRI	SAT	SUN
830-945 am Align+Refine 1/2 Yaco +L/S	830-930 am Kundalini Fusion Brooke	930-1030 am Yin+Yang Hillary	815-915 am Align+Flow 1/2 Kat	815-915 am Yin+Yang Kat +L/S	9-1015 am Yin+Meditation Hillary	915-1015 am Flow Basics Diana +L/S
10-11 am Stable+Strong Yaco +L/S	930-1030 am Hatha Basics Preston +L/S	11-12 pm Tai Chi Yaco +L/S	930-1030 am Align+Refine Yaco +L/S	930-1030 am Hatha Basics Allisen +L/S	1030-1145 am Align+Flow 1/2 Allisen 1st/3rd	1030-1130 am Yoga Barre May
530-630 pm Core Flow 1/2 Tia +L/S	430-530 pm Yoga Barre Amie	530-630 pm Core Flow 1/2 Yaco +L/S	430-530 pm Yoga Barre May	530-645 pm Relax+Restore Jennie 1st/3rd	11-12 pm PYR Community by donation	5-6 pm Yoga Nidra Hillary *LS 1st/3rd
6-7 pm Flow Basics Sarah B	530-645 pm Align+Flow 1/2 Diana	6-7pm Flow Basics Sarah B	530-645 pm Align+Flow 1/2 Allisen			
	6-715 pm Relax+Restore Jennie		6-715 pm Yin+Meditation Hillary +L/S			

KEY
+ L/S = Hybrid Class
* L/S = Live Stream

STUDIO CLOSED: Memorial Day, May 30



GET MOVING



INTEGRATE



SLOW DOWN

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FEES+POLICIES

Memberships

Dedicate

VIP Annual	1298
VIP Monthly 12-month agreement	118
Mini 6 classes per month/6 month agreement	75

VIP memberships INCLUDE unlimited classes AND 20% discount on events, private lessons & merchandise.

Packages

Explore

2 for 1 In-person, new students only	22
2 week intro Unlimited, new students only	49
10 classes expires 2 month from start of 1st class	145
1 month unlimited	155

Singles

Experience

In-person	22
Live stream	18

10% community discount offered on singles and 10 class packages. Available in-person only.

All fees are non-refundable; all classes are non transferable.

Discount applies to Seniors, CMA, K-12 faculty, Higher Education + First Responders, Mirus massage members (in-studio only)

All classes without a level are beginner-friendly and open to all levels. Level 1/2 = intermediate-advanced (1-2+ yrs experience).

Practice postures with clarity and precision as you deepen your understanding of the yoga philosophy. Level 1/2 classes are progressive in nature offering effective, challenging sequences. Modifications will be offered for continuing beginners-intermediate levels. Variations will be offered for intermediate-advanced students.



**BOGO
for NEW
STUDENTS!**

2 for \$22

In-person only
30 day exp.

For more information, visit:

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E: info@yogarichmond.com

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