

Wake Forest Yoga Class Schedule

July – September 2009

(studio is closed July 4th & 5th and September 5th – 7th for Labor Day Weekend)

Sunday

9:00am-10:30am Gentle Yoga with Marty

Monday

9:30am-10:45am All Levels Yoga with Joanne

6:00pm-7:15pm Level 1 Anusara Inspired Yoga with Marty

7:30pm-8:30pm Yoga & Pilates with Carol G

8:35pm – 9:00pm Meditation and Relaxation with Carol G

Tuesday

9:30am -10:45am Yoga Basics & Beyond with Carol G

6:00pm-7:15pm Gentle Yoga with Marty

7:30pm-9:00pm Yoga Basics & Wind Down with Sheila

Wednesday

10:00am-11:15am Yoga & Pilates with Ashley

6:00pm-7:15pm Yoga Basics & Beyond with Carol B

7:30pm-9:00pm All Levels Belly Dancing with Cheryl

Thursday

9:30am - 11:00am Yoga Basics with Ashley

11:30am-12:30pm Level 1 with Ashley

6:00pm -7:15pm Level 1 Yoga with Joanne

7:30pm-9:00pm Level 2 Flow Yoga with Jana or (Matthew's Chakra Vinyasa on 07/30, 08/27 and 09/24)

Friday

8:30am - 10:00am Level 2 Anusara Inspired Practice Session with Marty

Saturday

8:00am - 9:15am Yoga on the Ball with Sheila Mark Your Calendar

(Yoga on the Ball will **NOT** be held in **July**, on August 15th, and on September 26th)

9:30am -11:00am All Levels Yoga with Joanne or Laura

11:15am – 12:30pm Belly Dancing Basics with Cheryl