**RVA Yoga for Athletes Guide**

(aka: No Excuses)

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| Monday |
| Prep 1 | 9:30a-10:30a | Ashtanga Yoga Richmond |
| Gentle | 5p-6p | Om On Yoga |
| Core Flow | 5:15p-6:15p | Yoga Source |
| Iyengar 1 | 7:45p-9p | Yoga Source |

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| Tuesday |
| Gentle Vinyasa Flow | 12p-1p | Om On Yoga |
| Vinyasa 1-2 | 8:30a-9:45a | Yoga Source |
| Prep 1 | 5:45p-6:45p | Ashtanga Yoga Richmond |

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| Wednesday |
| Hatha 1-2 | 4p-5p | Yoga Source |
| Prep 1 | 7p-8:15p | Ashtanga Yoga Richmond |
| Heated Vinyasa | 7:15p-8:30p | Om On Yoga |

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| Thursday |
| Vinyasa 1-2 | 8:30a-9:45a | Yoga Source |
| Yin | 9:15a-10:45a | Yoga Source |
| Vinyasa Flow | 5:15p-6:15p | Om On Yoga |

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| Friday |
| 5:15p-6:15p | Core Flow | Yoga Source |

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| Saturday |
| 9a-10:15a | Power | Om On Yoga |
| 9a-10:30a | Hatha 1-2 | Yoga Source |
| 11a-12:15p | Iyengar 1 | Yoga Source |

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| Sunday |
| 4p-5:30p | Gentle | Yoga Source |
| 6p-7:15p | Heated Vinyasa | Om On Yoga |

\*In addition, Bikram Yoga Richmond has classes at Stoney Point and in the West End. Check their website [www.bikramyogarichmond.com](http://www.bikramyogarichmond.com) for details. Classes are daily and well suited to athletes.