

monday	tuesday	wednesday	thursday	friday	saturday	sunday
10:00 - 11:00 AM	8:30 - 9:30 AM	9:00 - 10:00 AM	9:15 - 10:30 AM	9:00 - 10:15 AM	8:00 - 9:00 AM	8:30 - 9:30 AM *
Chair Yoga	Vinyasa	Chair Yoga	PHIIT Fusion	VinYin	Gen Flow	Vinyasa
[1]	[2]	[1]	[2-3]	[1-2]	[2]	[2-3]
Jess Geevarghese	Victoria Walther	Jess Geevarghese	Victoria Walther	Victoria O'Neal	Gen Yoga Teacher	Sean Maki
					10:00 - 11:00 AM	10:00 - 11:00 AM
					Power Flow	PHIIT Fusion
					[2-3]	[2-3]
					Victoria Walther	Savannah Ruddock
12:00 - 1:00 PM						12:00 - 1:00 PM
Vinyasa						Vinyasa
[2-3]						[2]
Gabriel Waturuocha						Gen Yoga Instructor
5:30 - 6:30 PM	5:30 - 6:30 PM	4:00 - 5:00 PM	5:30 - 6:30 PM	7:30 - 8:30 PM		5:30 - 6:30 PM
VinYin	Power Flow	PHIIT Fusion	Vinyasa	Restorative		Hatha
[1-2]	[2-3]	[2-3]	[2]	[1]		[1]
Lesley Alberty	Karina Ferro	Savannah Ruddock	Camille McLeod	Jess Geevarghese		LaShell Carter

**INTENSITY**

- [1]low impact, gentle
- [2]moderate,intermediate
- [3]high intensity

**VIRTUAL STUDIO**

Register at least 1 hour before class. Zoom link will be emailed.

**\* OUTDOOR YOGA**

Join us alternating weeks at Blockhouse Coffee & Kitchen (Richmond).



For MOST ACCURATE SCHEDULE, check [genyogatx.com/schedule](http://genyogatx.com/schedule)

BOOK [genyogatx.com](http://genyogatx.com) EMAIL [hello@genyogatx.com](mailto:hello@genyogatx.com)

TEXT 832-779-8154 CONNECT @genyogatx

