



MON, JAN 8 ~ SUN, MAR 31

MON	TUES	WEDS	THURS	FRI
715-815 am	930-1030 am	715-815 am	930-1045 am	
Flow Diana	Basics Tia	Flow Claire	Expansion* Tia	
430-515 pm	430-515 pm	430-515 pm		430-515 pm
Core Tia	Flow Claire/Donia	Basics Diana		Flow Liv

CLASS POLICIES

1. Members & non-members, please CHECK-IN for class at front desk.
2. No late entry to class after the 5 minute mark.
3. Inform Instructor of any injuries or physical limitations before class begins.
4. Yoga mat optional to participate; props are provided.
5. Advance registration required for weekly classes.

KEY

- Basics is a beginner-friendly class; no experience necessary.
- Core and Flow classes are open to those with 6 months of experience.
- *Expansion classes are open to those with 1+ yrs experience.
- Props will be provided and used with all classes to aid in optimal alignment.

All weekly classes are hosted by Revolution BJJ

at 2125 Staples Mill Rd. Richmond, VA 23230.

Visit <https://revolutionbjj.com/yoga> for more information on class details, packages & registration.