



Monday	10:45 - Noon	Restorative Yoga **	Renewal Message	Ren
Tuesday	10:45 – Noon	All Levels Yoga **	Bodyworks GF	Ren
Wednesday	9 – 10:30 am	Yoga III	Bodyworks MB	Ren
Thursday	10:45 - Noon	All Levels Yoga **	Bodyworks GF	Ren
	5:30 - 6:45 pm	Yoga III	Bodyworks MB	Ren
Friday	10:45 – Noon	Restorative Yoga **	Renewal Massage	Ren
Saturday	8:00 - 9:15 am	Yoga III	Bodyworks GF	Ren
	10:45 - Noon	Yoga I/II **	Bodyworks GF	Ren

*Schedule updated April 5, 2016; ** indicates class is appropriate for beginners; GF = Group Fitness Room; BM = Body Mind Room.
Bodyworks Downtown, 1027 Caroline St, Fredericksburg, VA
Renewal Massage, 10712 Ballantraye Dr, Suite 310, Fredericksburg, VA