



LiveLifeWell
Employee Wellness: Caring for ourselves.

R&R Studio Group Exercise Schedule

1313 Carolina Street Suite 100 Greensboro, NC

Directions: Enter through front door. R&R studio is the first door on the right.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>Yoga with Karen</u> 12:15 PM			Restorative Yoga with Rebecca 12:15 pm <small>(no class May 6th)</small>	
		<u>Yoga with Karen</u> 5:30 PM	All Levels Flow with Michaela 5:45 PM			

All classes are 45 minutes except those highlighted in yellow.