



# YOGA CO-OP OF MADISON

812 E DAYTON ST MADISON, WI 53703

DEVOTED TO TEACHING CLASSICAL YOGA IN THE IYENGAR TRADITION

## 2018 FALL SCHEDULE

	Time	Class	Teacher	SEPTEMBER-DECEMBER
<b>Sunday</b>	8:15 – 9:45 AM	LEVEL 1 ~ <b>DROP-IN</b>	Katie	New students welcome
	10:00 – 11:45 AM	LEVEL 2 ~ <b>DROP-IN</b>	Katie	New students welcome
	4:30 – 6:00 PM	Restorative <b>SERIES</b>	Lisa	Nov. 18 to Dec. 9 <b>Sign-up online</b>
<b>Monday</b>	10:00 – 11:30 AM	GENTLE ~ <b>DROP-IN</b>	Jill	New students welcome
	12:00 – 1:30 PM	LEVEL 2 ~ <b>DROP-IN</b>	Jill	New students welcome
	5:30 – 7:00 PM	LEVEL 1-2 ~ <b>DROP-IN</b>	Karan	New students welcome
	7:30 – 8:45 PM	BASICS <b>SERIES</b>	Karan	Oct. 1 to Oct. 29 <b>Sign-up online</b>
<b>Tuesday</b>	5:30 - 7:00 PM	LEVEL 2 ~ <b>DROP-IN</b>	Faith	New students welcome
<b>Wednesday</b>	9:00 - 10:30 AM	LEVEL 1 ~ <b>DROP-IN</b>	Hilary	New students welcome
	5:00 - 6:30 PM	LEVEL 1-2 ~ <b>DROP-IN</b>	Katie	New students welcome
	7:00 - 8:30 PM	LEVEL 1 ~ <b>DROP-IN</b>	Sophie	New students welcome
<b>Thursday</b>	11:00 AM - 12:15 PM	LEVEL 1 ~ <b>DROP-IN</b>	Sophie	New students welcome
	5:30 – 7:00 PM	GENTLE <b>SERIES</b>	Faith	Sep. 6 to Oct. 11 & Oct. 25 to Dec. 6 <b>Sign-up online</b>
	7:30 – 8:45 PM	BASICS <b>SERIES</b>	Sophie	Sept. 13 to Oct 4; Oct. 11 to Nov. 1; & Nov. 8 to Dec. 6 <b>Sign-up online</b>
<b>Friday</b>	4:30 - 6:00 PM	LEVEL 3 ~ <b>DROP-IN</b>	Faith	Class starts September 14 If new student, check with instructor
<b>Saturday</b>	9:00 – 10:30 AM	LEVEL 1 ~ <b>DROP-IN</b>	Lisa	New students welcome
	10:45 am - noon	BASICS <b>SERIES</b>	Lisa	Sept. 15 to Oct. 6 <b>Sign-up online</b>

Check [YOGACOOP.COM](http://YOGACOOP.COM) for any last-minute class cancellation