



YOGA CO-OP OF MADISON

812 E DAYTON ST MADISON, WI 53703

DEVOTED TO TEACHING CLASSICAL YOGA IN THE IYENGAR TRADITION

SEPTEMBER - DECEMBER 2019 SCHEDULE

Sunday	8:30 – 9:45 AM	LEVEL 1 ~ DROP-IN	Katie	New students welcome
	10:00 – 11:45 AM	LEVEL 2 ~ DROP-IN	Katie	New students welcome
	4:00 – 5:30 PM	BASICS SERIES	Lisa	<i>October 6 to October 27 Sign-up online</i>
	4:00 – 5:30 PM	RESTORATIVE SERIES	Lisa	<i>November 24, December 1, 8 & 15 Sign-up online</i>
Monday	5:30 – 7:00 PM	LEVEL 1-2 ~ DROP-IN	Karan	New students welcome
Tuesday	5:30 - 7:00 PM	LEVEL 2 ~ DROP-IN	Faith	New students welcome
	7:30 – 8:45 PM	BASICS SERIES	Sophie	<i>October 1 to October 29; & November 5 to December 3. Sign-up online</i>
Wednesday	5:00 - 6:30 PM	LEVEL 1-2 ~ DROP-IN	Katie	New students welcome
	7:00 - 8:30 PM	LEVEL 1 ~ DROP-IN	Sophie	New students welcome
Thursday	11:00 AM - 12:15 PM	LEVEL 1 ~ DROP-IN	Sophie	New students welcome
	5:30 – 7:00 PM	GENTLE SERIES	Faith	<i>Sept 5 to October 10 & October 24 to December 5 Sign-up online</i>
Friday	4:30 - 6:00 PM	LEVEL 3 ~ DROP-IN	Faith	<i>If new student, check with instructor</i>
Saturday	9:00 – 10:30 AM	LEVEL 1 ~ DROP-IN	Lisa	New students welcome
	10:45am – 12:15pm	FOCUSED PRACTICE ~ DROP-IN	Staff	New students welcome

Check YOGACOOP.COM for any last-minute class cancellation