

September – October 2021

VIRTUAL CLASSES CURRENTLY OFFERED	CONTACT INFORMATION
Katie -- Sunday 5:00 pm to 6:30 pm –All Levels Katie – Wednesday 5:00 pm to 6:30 pm – All Levels	catherinesveit@gmail.com
Karan – Monday 5:00 pm to 6:30 pm – All Levels	khase555@gmail.com
Faith – Tuesday 5:30 pm to 7:00 pm – Level 2	faitherussell@gmail.com
Lisa – Wednesday 7:00 am to 7:45 am – Rise & Energize Lisa – Saturday 9:00 am to 10:15 am – Level 1 Lisa – Saturday 10:30 am to 11:30 am – Outdoor practice	lisa@yogacoop.com
Sophie – Wednesday 7:00 pm to 8:00 pm – Level 1 Sophie – Thursday 11:00 am to 12:00 pm – Level 1	yogacoop@yogacoop.com