

DEVOTED TO TEACHING CLASSICAL YOGA IN THE IYENGAR TRADITION

## MAY-AUG 2025-SCHEDULE

## SIGN-UP @ YOGACOOP.COM FROM HOME OR IN THE STUDIO

Sunday	9:00 – 10:30 AM	LEVEL 2	Katie	STUDIO
	10:45 – 12:00	LEVEL 1	Katie	STUDIO
		AGELESS INTRO SERIES		
Monday	9:00 – 10:15 AM	June 2 to July 14 July 28 to Sept 15	Faith	
		BEGINNERS SERIES		STUDIO
	6:00 – 7:00 PM	May 19 to June 30	Paul	
Tuesday	10:00 11:30 AM	ALL LEVELS	Katie	STUDIO
,	5:30 – 7:00 PM	LEVEL 2	Faith	STUDIO & ZOOM
		AGELESS CONTINUING		
Wednesday	9:00 10:15 AM	June 4 to July 9 July 30 to Sept 17	Faith	STUDIO
	5:00 - 6:30 PM	ALL LEVELS	Katie	STUDIO
	7:00 – 8:30 PM	LEVEL 1	Sophie	STUDIO
Thursday	11:00 AM – 12:15 PM	LEVEL 1	Sophie	STUDIO
	5:30 – 7:00 PM	ALL LEVELS	Karan	STUDIO & ZOOM
Saturday	9:00 – 10:30 AM	LEVEL 1	Lisa	STUDIO & ZOOM

Details at: YOGACOOP.COM/CLASS-DESCRIPTIONS/