



YOGA CO-OP OF MADISON

812 E DAYTON ST MADISON, WI 53703

DEVOTED TO TEACHING CLASSICAL YOGA IN THE IYENGAR TRADITION

JAN-APRIL 2024-SCHEDULE

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

Sunday	9:00 – 10:30 AM	ALL LEVELS	Katie	STUDIO
	10:45 – 12:00	LEVEL 1	Katie	STUDIO
Monday	6:00 – 7:15 PM	BASICS SERIES Jan. 8 to Jan 29 Feb 5 to Feb 26 Mar 4 to Mar 25 Apr 1 to Apr 22 Apr 29 to May 20	Lisa Katie Karan Faith Paul	STUDIO
Tuesday	10:00 -- 11:30 AM	ALL LEVELS	Katie	STUDIO
	5:30 – 7:00 PM	LEVEL 2	Faith	STUDIO & ZOOM
Wednesday	9:00 -- 10:15 AM	AGELESS SERIES Jan. 3 to Jan 24 Mar 6 to April 10 April 17 to May 22	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/