



YOGA CO-OP OF MADISON

812 E DAYTON ST MADISON, WI 53703

DEVOTED TO TEACHING CLASSICAL YOGA IN THE IYENGAR TRADITION

JAN-APRIL 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
Monday	9:00 – 10:15 AM	AGELESS INTRO SERIES Jan 6 to Feb 10 Feb 24 to March 31 Apr 14 to May 19	Faith	STUDIO
	6:00 – 7:00 PM	BEGINNERS SERIES Jan 13 to Feb 17 March 3 to Apr 14	Sophie Paul	
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 CONTINUING Jan 8 to Feb 12 Feb 26 to Apr 2 Apr 16 to May 21	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/