


the Yoga Den

	MON	TUE	WED	THU	FRI	SAT	SUN
	Ashtanga Yoga 9:00 - 10:30 am Nicole	Hatha Yoga 9:00 - 10:30 am Neil	Sattva Yoga 9:00 - 10:30 am Jade	Hatha Yoga 9:00 - 10:30 am Valerie	Ashtanga Yoga 9:00 - 10:30 am Nicole	Power Yoga 9:30 - 10:45 am Andrea	Hatha Yoga 9:30 - 10:45 am Frank
						Ashtanga Restore Yoga 11:00 -12:15 pm Jade	Ashtanga Yoga 11:00- 12:30 pm Frank
	Gentle Yoga 1:15 - 2:30 pm Jeanette			Hatha Yoga 4:00-5:30 pm Neil	Hatha Yoga 4:00-5:15pm Andrea	PreNatal Yoga 1:00-2:30pm Sandy	
	Ashtanga Yoga 5:45 - 7:00 pm Andrea	Hatha Yoga 5:45 - 7:00 pm Neil	Hatha Yoga 5:45 - 7:00 pm Lucille	Ashtanga Restore Yoga 5:45 - 7:00 pm Tarah	Full Primary Series 5:30 - 7:00 pm Andrea		Sattva Yoga (+core) 3:00-4:30pm Linda
	registered Beginner Ashtanga Yoga 7:15 - 8:30 pm Andrea	registered Beginner Hatha Yoga 7:15 - 8:30 pm Neil	Ashtanga Yoga 7:15 - 8:30 pm Nicole	Hatha Yoga 7:15 - 8:30 pm Julie			

the yoga den Class Schedule

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*class times are subject to change please visit www.yogadenedmonton.com for current class times