



winter 2012

MON	TUE	WED	THU	FRI	SAT	SUN
			Sunrise Yoga 6:15-7:30am Meaghan			
Ashtanga Yoga 9:00 - 10:30 am Frank	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 Catherine	Power Yoga 9:30 - 10:45 am Andrea	Hatha Yoga 9:30 - 10:45 am Frank
Gentle Yoga 1:15 - 2:30 pm Jeanette			Gentle Yoga 1:15 - 2:30 pm Jeanette		Ashtanga Yoga 11:00 - 12:15 pm Catherine	Ashtanga Yoga 11:00 - 12:30 pm Frank
Hip Opening Flow 4:15 - 5:30 pm Jess Soder-Duncan					<i>registered</i> Pre-Natal Yoga 12:45 pm - 2:00 pm Sandy	
Ashtanga Yoga 5:45 - 7:00 pm Jess Soder-Duncan	Hatha Yoga 5:45 - 7:00 pm Neil	Hatha Yoga 5:45 - 7:00 pm Lucille	Ashtanga Restore 5:45 - 7:00 pm Tarah	SATTVA Yoga 5:00 - 6:30 pm Hailey	SATTVA 3:15 - 4:45 pm Jess Nickerson	SATTVA Yoga 3:15 - 4:45 pm Linda
Yin Yoga 7:15 - 8:30 pm Meaghan	<i>registered</i> Beginner Hatha Yoga 7:15 - 8:30 pm Neil	Ashtanga Yoga 7:15 - 8:30 pm Nicole	Yoga / Pilates 7:15 - 8:30 pm Linda			<i>registered</i> Beginner Hatha Yoga 7:15 - 8:30 pm Frank
	SATTVA Yoga 9:00 - 10:15 pm Lisa		SATTVA Yoga 9 - 10:15 pm Lisa			

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