


# the Yoga Den

	MON	TUE	WED	THU	FRI	SAT	SUN
	<b>Ashtanga Yoga</b> 9:00 - 10:30 am Angie	<b>Hatha Yoga</b> 9:00 - 10:30 am Neil	<b>Vinyasa Flow</b> 9:00 - 10:30 am Lucille	<b>Hatha Yoga</b> 9:00 - 10:30 am Valerie	<b>Ashtanga Yoga</b> 9:00 - 10:30 am Angie	<b>Sattva Yoga</b> 9:30 - 10:45 am Jade	<b>Hatha Yoga</b> 9:30 - 10:45 am Frank
						<b>Ashtanga Restore Yoga</b> 11:00-12:15pm Jade	<b>Ashtanga Yoga</b> 11:00- 12:30 pm Frank
	<b>Gentle Yoga</b> 1:15 - 2:30 pm Jeanette		<b>Hatha Yoga</b> 4:00-5:15pm Neil		<b>Sattva Yoga</b> 4:00-5:15pm Ashley	<b>PreNatal Yoga</b> 12:30-2:00pm Lucille	
	<b>Ashtanga Yoga</b> 5:45 - 7:00 pm Catherine	<b>Hatha Yoga</b> 5:45 - 7:00 pm Neil	<b>Sattva Yoga</b> 5:45 - 7:00 pm Nicole	<b>Ashtanga Restore Yoga</b> 5:45 - 7:00 pm Tarah	<b>Full Primary Ashtanga Yoga</b> 5:45-7:15pm Barb	<b>Sattva Yoga</b> 3:00-4:30pm Ashley	<b>Sattva Yoga</b> 3:00-4:30pm Barb
	registered <b>Beginner Ashtanga Yoga</b> 7:15 - 8:30 pm Catherine	registered <b>Beginner Hatha Yoga</b> 7:15 - 8:30 pm Neil	<b>Ashtanga Yoga</b> 7:15 - 8:30 pm Nicole	<b>Hatha Yoga</b> 7:15 - 8:30 pm Julie			

the yoga den Class Schedule

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\*please confirm website for class schedule @ [www.yogadenedmonton.com](http://www.yogadenedmonton.com) or email to pre-register [info@yogadenedmonton.com](mailto:info@yogadenedmonton.com)