



Winter Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00 - 8:15 Hatha Yoga Dave*		9:00 - 10:30 Gentle Yoga (All Levels) Mary	8:00 - 9:30 Intermediate Yoga Scott	
8:00 - 9:00 Hatha Yoga Alicia	9:00 - 11:00 Advanced Yoga Scott		10:00 - 11:30 Gentle Yoga (All Levels) Penny		10:00 - 11:30 General Yoga (All Levels) Steve	
11:45- 1:00 ISHTA Yoga Sara	12:00 - 1:00 Pilates Collette	11:45-1:00 ISHTA Yoga Sara	12:00-1:00 Chi Kung/ Restorative** Sara	12:00 - 1:00 Pilates Greg		
						4:30 - 5:30 Pilates Greg
5:30 - 7:00 Intermediate Yoga Andrea	5:30 - 7:00 Intermediate Modern Dance Collette	5:30 - 7:00 Intermediate Yoga Scott	5:30 - 7:15 Advanced High Energy Yoga Mike	5:30 - 7:00 Intermediate Yoga Andrea		
7:15 - 8:45 Prenatal Yoga Christine	7:15 - 8:30 General Yoga Steve	7:15 - 8:15 Beginning Yoga Scott	7:30 - 8:30 Intro to Yoga*** Andrea			

*Class resumes February 3rd **Chi Kung in February / Restorative Yoga in March ***8-class session begins March 11th

Mound Street Yoga Center, Madison's original yoga studio, has been dedicated to providing the finest yoga instruction in the Madison area since 1984.

Fees range from \$9 to \$12. Studio class passes are also available.



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