



# Ashtanga Yoga Montreal

le 1 juin - le 28 août

June 1 - August 28

# 2011

Fermé : le 24 juin & le 1 juillet , 2011

le 29 août - le 5 septembre, 2011

*\*flow*

Closed on : June 24 & July 1, 2011

August 29 - September 5, 2011

*\*flow class*

lundi / Monday	Mardi/ Tuesday	Mercredi/ Wednesday	Jeudi / Thursday	Vendredi/ Friday	Samedi/ Saturday	Dimanche /Sunday
				Mysore Allison 7 - 10 am	* Level 2/3 Jeanne 9:00 - 11:00 am	Level 2/3 Eugene 9:00 - 11:00 am
Mysore Jessie 8:00 - 10:00	Independent Practice 8:00 - 10:00	Independent Practice 8:00 - 10:00	Independent Practice 8:00 - 10:00		* Level 1 Jeanne 11:30 - 1pm	* Level 1/2 Jessie 11:30 - 1pm
*Level 2 Jessie 10:00 - 11:30 am	Level 1/2 Allison 10:00 - 11:30 am	Hip Openers (multi) Jeanne 10:00 - 11:30 am	Multi-Level Allison 10:00 - 11:30 am	Level 1/2 Jessie & Eugene 10:00 - 11:30 am		
Multi-Level Meghan 12:15 - 1:15	Multi-Level Jill 12:15 - 1:15	Multi-Level Julien 12:15 - 1:15		Community Class Starting July 8 12:15 - 1:15		Restorative Yoga Michael 3:00 - 5:00 pm
*Level 2 Jeanne 5:30 - 7:00 pm	Level 1 Meghan 5:30 - 7:00 pm	Restorative Jeanne 5:30 - 7:30 pm	Level 2 Julien 5:30 - 7:00 pm			
* Level 1 Sheryl 6:00 - 7:30 pm	* Level 2/3 Allison 6:00 - 7:30 pm	* Level 2/3 Terri 6:00 - 7:30 pm	* Level 1 Jeanne 6:00 - 7:30 pm	AcroYoga (multi-level) Jill & Costa 6:00 - 7:30 pm		
* Level 3 Jessie 6:30 - 8:00 pm	Meditation Allison 7:40 - 8:50 pm	Level 1 Allison 6:30 - 8:00 pm	* Level 3 Jessie 6:30 - 8:00 pm	* Multi Level Terri 6:00 - 7:30 pm		