



# Class Schedule

Updated April 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
AM					8:30 – 1:00 Yoga at School Program
PM	1:30 – 2:30 Homeschool Youth Yoga Class <i>Edgemont Community Center</i> (Ages 7 - 12) <a href="#">Registration Link</a>	8:30 – 3:00 Yoga at School Program	8:30 – 3:00 Yoga at School Program	8:30 – 3:00 Yoga at School Program	
Evening	4:00 – 5:00 Youth Yoga (Ages 7 – 12) <i>Edgemont Community Center</i> <a href="#">Registration Link</a>	3:55 – 4:55 Youth Yoga (Ages 7 – 12)  <a href="#">The Yoga Studio Crowchild Square</a>		3:55 – 4:55 Yoga Kids (Ages 4 – 8)  <a href="#">The Yoga Studio Crowchild Square</a>	
	5:00 – 6:00 Teen Yoga (Ages 13 - 18) <i>Edgemont Community Center</i> <a href="#">Registration Link</a>	5:00 – 6:15 Adult & Teen Yoga  <a href="#">The Yoga Studio Crowchild Square</a>		5:30 – 8:30 Available for Private Classes  <i>Individuals, Sports Teams, Guides and Scouts</i>	

## Edgemont Community Center

33 Edgevalley Circle NW  
(403) 239-1211

### Monday - Homeschool, Youth and Teen Classes

Spring Session: April 16, 23, 30  
May 7, 14, 28 (no class Victoria Day Long Weekend)  
June 4

Cost is \$90 for the session

**\*\*Please register via e-mail for the Edgemont Community Classes with the appropriate link above\*\***

### Homeschool Yoga

For groups of six or more students classes can be arranged in your home or at a studio.

Call to enquire about themes and rates. (403.874.4127)

## Yoga Studio North – Crowchild Trail

211, 5403 Crowchild Trail N.W.  
(403) 265-6295

### Tuesday - Youth and Teen/ Adult Classes

Please register for classes through the Yoga Studio North Website ([www.theyogastudiocalgary.com](http://www.theyogastudiocalgary.com))

### Thursday – YogaKids Class

Please register for classes through the Yoga Studio North Website ([www.theyogastudiocalgary.com](http://www.theyogastudiocalgary.com))