



Colorado School of Iyengar Yoga

Teaching Hatha Yoga in the tradition of B.K.S. Iyengar

[Home](#) [Classes](#) [Workshops](#) [Beginners](#) [Location](#) [FAQ](#)

Ongoing Class Schedule

[Class Schedule](#) (UPDATED 7/10)

HOLIDAYS

JULY 4: only Eleanor's 8:45 am class will be held.

Day	Time	Studio	Teacher	Level or Special Focus of Class
Monday	9:30-11:00 am	Large	Jeanne Ann	Backbends and chest openers more...
	9:00-10:30 am	Small	Alice	Seniors
	11:30 am -1:00 pm	Large	Jeanne Ann	1-2
	5:45-7:15 pm	Large	Eleanor	1-2
	6:00-7:30 pm - NOTE TIME/STUDIO CHANGE!!	Small	Jeanne Ann	1-2 - Power Yoga the Iyengar Way/Vinyasana more...
Tuesday	9:00-10:30 am	Small	Shelley	1
	10:00-11:30 am	Large	Eleanor	1-2
	Noon-1:00 pm	Large	Eleanor	1-2
	6:45-8:15 pm	Large	Emma	1-2
Wednesday	7:30-8:30 am	Large	Suzanna	1-2
	9:30-10:30 am	Small	Eleanor	Gentle Yoga for All more...
	9:30-11:00 am	Large	Jeanne Ann	1-2
	Noon-1:00 pm	Large	Jeanne Ann	1-2