



Please keep this posting here, thank you.

THE QUARRY ARTS BUILDING – MOVEMENT CLASSES IN ROOM 170
UPDATED: 2ND QUARTER 2025
www.quarryartsbuilding.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 – 8:45 am		7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:30 am	7:30 – 8:45 am
9:15 – 10:30 am Nancy Pullen Certified Kripalu Yoga Teacher YOGA WITH NANCY 255-9119 ext 2 nancypullen.pty@gmail.com		8:30 – 9:15 am Cecily Frederick ALIGNMENT YOGA 608-239-5334 cecily@madisonyoga.com	9:00 – 10:15 am	9:00 – 10:15 am Cecily Frederick ALIGNMENT YOGA 608-239-5334 cecily@madisonyoga.com	8:45 – 10:00 am	8:30 – 9:15 am Cecily Frederick ALIGNMENT YOGA 608-239-5334 cecily@madisonyoga.com
10:30 – 11:45 am	10:30 – 11:45 am	11:00am – 12:15 pm	10:30 – 11:45 am	10:30 – 11:45 AM	10:30 – 12:15 pm Nansi Colley Svaroopaa Yoga with Nansi (Madison Yoga, LLC) njcolley@wisc.edu	10:30 – Noon Madison Rinzai Zen Community ZEN MEDITATION AND INTERNAL ENERGY PRACTICES tomyojizen@gmail.com https://www.tomyoji.org/
NOON – 1:15 pm				NOON – 1:15 pm Andrea Russell ALIGNMENT YOGA 608-712-9642 andrearussell.com	12:30 – 1:45 pm Laura Berger Group Dance Improvisation	
1:30 - 2:45	1:30 - 2:45	1:30 - 2:45	1:30 - 2:45		1:30 - 2:45	1:30 - 2:45
4:00 – 5:15 pm	4:00 – 5:15 pm	4:00 – 5:15 pm	4:00 – 5:15 pm Kellie Jeffris Yoga with Kellie - Strong kelliejeffrisyoga.com	3:30 – 4:45 p.m. Nancy Pullen Certified Kripalu Yoga Teacher YOGA WITH NANCY 608-255-9119 ext. 2 nancypullen.pty@gmail.com	4:00 – 5:15 p.m.	4:00 – 5:00 pm
5:30 – 6:45 pm Katie Eby KripaluYOGA 608-212-3436 ktschwartz@gmail.com	5:00 – 6:15 pm Marcella Speich Yoga backyardyoga@gmail.com		5:30 – 6:45 pm Manisha Bhargava Bollybeat 108 bollybeat108@gmail.com	5:30 – 6:45 pm Cecily Frederick Private	5:30 – 6:45 pm	5:15 – 6:15 pm
7:00 – 8:15 pm Cecily Frederick Private	7:00 – 8:15 pm	7:00 – 8:15 pm Madison Rinzai Zen Community ZEN MEDITATION AND INTERNAL ENERGY PRACTICES tomyojizen@gmail.com https://www.tomyoji.org/	7:00 – 8:15 pm	7:00 – 8:15 pm	7:00 – 8:15 pm	7:00 – 8:15 pm
8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY