



Sattva
Yoga Center

Weekly Class Schedule

Day	Time	Class	Teacher	Level	Room
M O N	9:00 - 10:45 am	HEATED Hatha 3 Flow	Keila-Rae	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	11:00 - 12:30 pm	Hatha 1	Keila-Rae	L1	Downstairs
	5:30 - 6:45 pm	Power Yoga	Carey	L 2 & 3	Downstairs
	7:00 - 8:00 pm	HEATED Hatha 3A (1 Hr)	Keila-Rae	L 2 & 3	Downstairs
T U E S	9:00 - 10:30 am	Strap Wall Yoga	Keila-Rae	L 2 & 3	Upstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	5:30 - 6:45 pm	Hatha 2	Carey	L 2 & 3	Downstairs
	6:00 - 7:15 pm	Restorative Yoga	Bloom	ALL	Upstairs
	7:00 - 8:00 pm	Hatha 1	Carey	L1	Downstairs
W E D	9:00 - 10:45 am	HEATED Hatha 3 Flow	Keila-Rae	L 2 & 3	Downstairs
	9:30 - 10:45 am	Strap Wall Yoga	Sylvi	L 2 & 3	Upstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	11:00 - 12:30 pm	Hatha 2	Keila-Rae	L1	Downstairs
	5:30 - 6:45 pm	Power Yoga	Carey	L 2 & 3	Downstairs
	6:00 - 7:30 pm	Evening Yin	Bloom	ALL	Upstairs
	7:00 - 8:00 pm	HEATED Hatha 3B (1 Hr)	Keila-Rae	L 3	Downstairs
T H U R	9:00 - 10:30 am	Vinyasa Flow	Junko	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Ani	ALL	Upstairs
	11:00 - 12:15 pm	Beginner's Yoga	Junko	L1	Downstairs
	5:30 - 6:45 pm	Shakti Flow with Gong	Jill W.	ALL	Upstairs
	5:30 - 6:45 pm	Hatha 2	Alexis	L 2 & 3	Downstairs
	7:00 - 8:00 pm	Hatha 1	Alexis	L1	Downstairs
F R I	9:00 - 10:45 am	HEATED Hatha 3 Flow	Sarah	L 2 & 3	Downstairs
	11:00 - 12:15 pm	Hatha 1	Junko	L1	Downstairs
	12:30 - 1:30 pm	Lunch Hour Vinyasa	Junko	ALL	Downstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	7:30 - 8:30 pm	Sattva Sound Bath	Keila-Rae &	ALL	Downstairs
	1st & 3rd Fridays	\$20 early / \$25 day-of	David		
S A T	9:00 - 10:30 am	Power Yoga	Junko	L 2 & 3	Downstairs
	11:00 - 12:15 pm	Hatha 1	Alexis	L1	Downstairs
	12:45 - 1:45 pm	Strength & Conditioning	Harumi	ALL	Upstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
S U N	9:00 - 10:45 am	HEATED Silent Hatha 3	Alternating	L3	Downstairs
	6:00 - 7:30 pm	Evening Yin	Bloom	ALL	Upstairs
Silent class is for experienced Hatha 3 students only. (3 months + Hatha 3 practice required) New students to the studio are required to have prior approval to attend Silent Class.					

Note: L1 = Level 1 Beginner **HEATED** = Heated room, 99°F

Last update: 08/18/2025