Sattva Yoga Center Weekly Class Schedule

Day	Time	Class	Teacher	Level	Room
MON	9:00 - 10:30 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
	7:00 - 8:00 pm	Slow Flow	Carey	ALL	Upstairs
TUES	9:00 - 10:15 am	Hatha 2	Keila-Rae	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	5:30 - 6:45 pm	Hatha 2	Carey	L 2 & 3	Downstairs
	7:00 - 8:00 pm	Hatha 1	Carey	L1	Downstairs
WED	7:00 - 8:00 am	Sunrise Vinyasa	Tomoko	ALL	Downstairs
	9:00 - 10:30 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
	4:00 - 5:00 pm	Kids Aerial Yoga (5-12 yrs)	Hannahsita	ALL	Upstairs
	5:30 - 6:45 pm	Evening Yin	Bloom	ALL	Upstairs
	7:00 - 8:00 pm	**HEATED** Hatha 3B (1 Hr)	Keila-Rae	L 3	Downstairs
	7:15 - 8:15 pm	Aerial Yoga 1	Hannahsita	ALL	Upstairs
THUR	9:30 - 10:45 am	Vinyasa Flow	Junko	L 2 & 3	Downstairs
	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	Vinyasa Flow	Carrigan	L 2 & 3	Downstairs
	7:00 - 8:00 pm	Hatha 1/2/3 Mix	Keila-Rae	ALL	Downstairs
	7:15 - 8:15 pm	Low Fabric Restore (Aerial)	Hannahsita	ALL	Upstairs
FRI	9:00 - 10:30 am	**HEATED** Hatha 3 Flow	Sarah	L 2 & 3	Downstairs
	11:00 - 12:15 pm	Hatha 1	Junko	L1	Downstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	6:30 - 7:30 pm *3rd Fridays*	Sattva Sound Bath $20 early / $25 day-of	Keila-Rae & David	ALL	Downstairs
SAT	9:00 - 10:30 am	Power Yoga	Junko	L 2 & 3	Downstairs
	11:00 - 12:15 pm	Hatha 1	Alternating	L1	Downstairs
	12:30 - 1:30 pm	Kids Aerial Yoga (5-12 yrs)	Hannahsita	ALL	Upstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
SUN	9:00 - 10:15 am	Sattva Sunday Flow	Tomoko	ALL	Downstairs
	10:30 - 11:45 am *2nd Sundays*	Strap Wall Yoga	Keila	L 2 & 3	Upstairs
	10:30 - 11:30 am *4th Sundays*	Inversions & Arm Balances	Carey	L 2 & 3	Upstairs
	6:00 - 7:30 pm	Evening Yin	Bloom	ALL	Upstairs

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

Last update: 10/22/26