



Sattva  
Yoga Center

# Weekly Class Schedule

Day	Time	Class	Teacher	Level	Room
M O N	9:00 - 10:45 am	<b>HEATED</b> 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	<b>HEATED</b> Hatha 3A (1 Hr)	Keila-Rae	L 2 & 3	Downstairs
	7:00 - 8:00 pm	Slow Flow	Carey	ALL	Upstairs
T U E S	9:00 - 10:30 am	Power Yoga with Strap Wall	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
	7:00 - 8:00 pm	Hatha 1	Carey	L1	Downstairs
W E D	7:00 - 8:00 am	Sunrise Vinyasa	Tomoko	ALL	Downstairs
	9:00 - 10:45 am	<b>HEATED</b> 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
	5:30 - 6:45 pm	Candlelit Yin	Bloom	ALL	Upstairs
	7:00 - 8:00 pm	<b>HEATED</b> 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
	10:45 - 12:00 pm	Power Yoga with Strap Wall	Sarah	L 2 & 3	Upstairs
	11:00 - 12:15 pm	Beginner's Yoga	Junko	L1	Downstairs
	3:00 - 4:30 pm	Yin Yoga	Ani	ALL	Upstairs
	5:30 - 6:45 pm	Shakti Flow with Gong	Jill W.	ALL	Upstairs
	7:00 - 8:00 pm	Hatha 1/2/3 Mix	Alexis	L1	Downstairs
F R I	9:00 - 10:45 am	<b>HEATED</b> 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	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 / Tomoko	L1	Downstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
S U N	9:00 - 10:15 am	Sattva Sunday Flow	Tomoko	ALL	Downstairs
	10:30 - 11:30 am 4th Sundays	Inversions & Arm Balances	Carey	L 2 & 3	Upstairs
	6:00 - 7:30 pm	Candlelit Yin	Bloom	ALL	Upstairs

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

Last update: 2/23/2026