



Day	Time	Class	Teacher	Level	Room
M O N	9:00 - 10:45 am	HEATED Hatha 3 Flow	Keila	L 2 & 3	Downstairs
	9:00 - 10:30 am	Kundalini	Teresa	ALL	Upstairs
	11:00 - 12:30 pm	Hatha 1	Keila	L1	Downstairs
	11:00 - 12:30 pm	Yin	Sylvi	ALL	Upstairs
	1:00 - 2:00 pm	Gentle Strap Class	Sylvi	ALL	Upstairs
	5:15 - 6:45 pm	Hatha 2	Jan	L2	Downstairs
	5:15 - 6:30 pm	Evening Yin	Keila	ALL	Upstairs
	7:00 - 8:45 pm	HEATED Hatha 3 Flow	Keila	L 2 & 3	Downstairs
	6:45 - 8:45 pm	*Inner Light Yoga	Chloe	ALL	Upstairs
T U E S	6:30 - 7:30 am	Strength & Conditioning	David	ALL	Upstairs
	8:00 - 8:30 am	Group Meditation	No Charge	ALL	Upstairs
	9:00 - 10:30 am	Strap Wall Yoga	David	L 2 & 3	Upstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	11:00 - 12:30 pm	Beginner's Yoga	Keila	L1	Downstairs
	2:30 - 3:45 pm	Gentle / Restorative Yoga	Jan	L1	Downstairs
	4:15 - 5:15 pm	Yoga for Youth (10-15 yr)	Keila	ALL	Downstairs
	4:15 - 5:15 pm	Hatha Hour	Jill F.	ALL	Upstairs
	5:30 - 6:45 pm	Evening Yin	Keila	ALL	Upstairs
	7:00 - 8:30 pm	Strap Wall Yoga	Keila	L 2 & 3	Upstairs
W E D	6:30 - 7:30 am	Morning Hatha Hour	Keila	ALL	Downstairs
	8:00 - 8:30 am	Group Meditation	No Charge	ALL	Downstairs
	9:00 - 10:45 am	HEATED Hatha 3 Flow	Keila	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Hatha 1	Junko	L1	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	5:15 - 6:30 pm	Evening Yin	Keila	ALL	Upstairs
	5:15 - 6:45 pm	Hatha 2	Lise	L2	Downstairs
	7:00 - 8:45 pm	HEATED Hatha 3 Flow	Keila	L 2 & 3	Downstairs
		6:45 - 8:45 pm	*Inner Light Yoga	Chloe	ALL
T H U R S	6:30 - 7:30 am	Strength & Conditioning	Wes	ALL	Upstairs
	8:00 - 8:30 am	Group Meditation	No Charge	ALL	Upstairs
	9:00 - 10:30 am	Strap Wall Yoga	David	L 2 & 3	Upstairs
	9:00 - 10:30 am	Hatha Flow	Junko	ALL	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Teresa	ALL	Upstairs
	11:00 - 12:30 pm	Beginner's Yoga	Junko	L1	Downstairs
	5:30 - 6:45 pm	Kundalini	Jill W.	ALL	Upstairs
	6:00 - 7:30 pm	Hatha 1/2/3 Mix	Sarah	ALL	Downstairs
		7:00 - 8:30 pm	Gentle / Restorative Yoga	Jade	ALL
F R I	9:00 - 10:45 am	HEATED Hatha 3 Flow	Junko	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Hatha 1	Junko	L1	Downstairs
	11:00 - 12:30 pm	Strength & Conditioning	Wes	ALL	Upstairs
	5:30 - 7:00 pm	Yin Yoga	Sylvi	ALL	Upstairs
S A T	8:00 - 8:30 am	Group Meditation	No Charge	ALL	Downstairs
	8:30 - 10:30 am	*Inner Light Yoga	Chloe	ALL	Upstairs
	9:00 - 10:30 am	Power Yoga	Keila/Junko	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Hatha 1	Keila	L1	Downstairs
	4:00 - 5:30 pm	<i>Rotating Topic Workshop</i>	<i>Various</i>	ALL	Downstairs
	<i>(check sattvayogacenter.com for weekly topic, teacher)</i>				
S U N	9:00 - 10:45 am	HEATED Silent Hatha 3	Alternating	L3	Downstairs
	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

*Pay Direct Class, students pay teacher directly.

Last update: 02/26/2020