

Sattva Fitness Yoga Center

Pay Direct Class Schedule

M	3:00-5:00 pm	Ashtanga Practice	Ranjani	ALL	Downstairs	\$20 fee
O	5:30-6:00 pm	Meditation (free)	Ranjani	ALL	Downstairs	
N	6:00-8:00 pm	Astanga Practice	Ranjani	ALL	Downstairs	\$20 fee
	6:45-8:45 pm	Inner Light Yoga	Chloe	ALL	Upstairs	

T U E	11:00-12:30 pm	All Levels Hatha in Japanese	Mayumi	ALL	Upstairs	
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W E D	6:45-8:45pm	Inner Light	Chloe	ALL	Upstairs	
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F R I	11:00-12:00 pm	Japanese Mom & Baby	Mayumi	All	Upstairs	
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S A T	8:30-10:30 am	Inner Light	Chloe	ALL	Upstairs	
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