

Sattva Fitness Yoga Center

Regular Weekly Schedule

M					
O	9:00-10:45 am	Hatha 3 Flow (HOT)	Mayumi	L 2 & 3	Downstairs
N	11:00-12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	6:30–7:30 am	Strength & Conditioning	Brandy	ALL	Upstairs
	8:00–8:40 am	Meditation (free)	Keila	ALL	Upstairs
T	9:00–10:30 am	Power Yoga w/ Strap	Keila	L 2 & 3	Upstairs
U	11:00-12:30 pm	Hatha 1 Flow	Keila	L 1	Downstairs
E	5:15-6:45 pm	Hatha 2 Flow	Jan	L 1 & 2	Downstairs
	5:15 - 6:45 pm	Yin Yoga	Sylvi	ALL	Upstairs
	7:00-8:30 pm	Power Yoga w/ Strap	Sylvi	L 2 & 3	Upstairs
W	9:00-10:45 am	Hatha 3 Flow (HOT)	Keila	L 2 & 3	Downstairs
E	11:00-12:30 pm	Beginners	Junko	ALL	Upstairs
D	6:00-7:45 pm	Hatha 3 Flow (HOT)	Keila	L 2 & 3	Downstairs
	6:30–7:30 am	Strength & Conditioning	Brandy	ALL	Upstairs
	8:00–8:40 am	Meditation (free)	David	ALL	Upstairs
	9:00–10:30 am	Power Yoga w/ Strap	David	L 2 & 3	Upstairs
T	11:00–12:00 pm	Yin Yoga	Mayumi	ALL	Upstairs
H	11:00-12:30 pm	Hatha 1 Flow	Junko	L 1	Downstairs
U	1:00-2:30 pm	Hatha 1/2/3 Flow	Junko	ALL	Downstairs
	5:30 - 6:45 pm	Kundalini	Jill	ALL	Upstairs
	6:00-7:30 pm	Hatha 1/2/3 Flow	Keila	ALL	Downstairs
F	9:00-10:45 am	Hatha 3 Flow (HOT)	Junko	L 2 & 3	Downstairs
R	11:00-12:30 pm	Hatha 1 Flow	Junko	ALL	Downstairs
I	5:30–7:00 pm	Yin Yoga	Sylvi	ALL	Upstairs
	8:00–8:40 am	Meditation (free)	Mayumi	ALL	Upstairs
S	9:00–10:30 am	Power Yoga	Mayumi	L 2 & 3	Downstairs
A	11:00-12:30 pm	Hatha 1 Flow	Keila	L 1	Downstairs
T	4:00–5:30 pm	Yin Yoga	Mayumi	ALL	Upstairs
S	9:00-10:45 am	Hatha 3 Flow (HOT)	Alternating	L 3	Downstairs
U	Silent class is for experienced Hatha 3 students only. (3 months + Hatha 3 practice required).				
N	New students to the studio are required to have prior approval to attend Silent Class.				

Note: L1 = Level 1 beginner HOT = 99 degrees