

# Sattva Fitness Yoga Center

## Weekly Schedule

<b>M</b>	9:00-10:45 am	<b>HEATED</b> Hatha 3 Flow	Mayumi	L 2 & 3	Downstairs
<b>O</b>	11:00-12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
<b>N</b>	6:00 - 7:30 pm	Hatha 1/2/3 Flow	Keila	ALL	Downstairs
	6:30–7:30 am	Strength & Conditioning	David	ALL	Upstairs
	8:00–8:40 am	Meditation (no charge)	Keila	ALL	Upstairs
<b>T</b>	9:00–10:30 am	Power Yoga w/ Strap	Keila	L 2 & 3	Upstairs
<b>U</b>	11:00-12:30 pm	Hatha 1 Flow	Keila	L 1	Downstairs
<b>E</b>	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
	6:30 - 7:30 am	Morning Hatha Hour	Keila	ALL	Downstairs
<b>W</b>	9:00-10:45 am	<b>HEATED</b> Hatha 3 Flow	Keila	L 2 & 3	Downstairs
<b>E</b>	11:00-12:30 pm	Beginners	Junko	ALL	Downstairs
<b>D</b>	6:00-7:45 pm	<b>HEATED</b> Hatha 3 Flow	Keila	L 2 & 3	Downstairs
	6:30–7:30 am	Strength & Conditioning	Wes	ALL	Upstairs
	8:00–8:40 am	Meditation (no charge)	David	ALL	Upstairs
	9:00–10:30 am	Power Yoga w/ Strap	David	L 2 & 3	Upstairs
<b>T</b>	11:00–12:30 pm	Yin Yoga	Mayumi	ALL	Upstairs
<b>H</b>	11:00-12:30 pm	Hatha 1 Flow	Junko	L 1	Downstairs
<b>U</b>	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
<b>F</b>	9:00-10:45 am	<b>HEATED</b> Hatha 3 Flow	Junko	L 2 & 3	Downstairs
<b>R</b>	11:00-12:30 pm	Hatha 1 Flow	Junko	ALL	Downstairs
<b>I</b>	5:30–7:00 pm	Yin Yoga	Sylvi	ALL	Upstairs
	8:00–8:40 am	Meditation (no charge)	Mayumi	ALL	Upstairs
<b>S</b>	9:00–10:30 am	Power Yoga	Mayumi	L 2 & 3	Downstairs
<b>A</b>	11:00-12:30 pm	Hatha 1 Flow	Keila	L 1	Downstairs
<b>T</b>	4:00–5:30 pm	Yin Yoga	Mayumi	ALL	Upstairs
<b>S</b>	9:00-10:45 am	<b>HEATED SILENT</b> Hatha 3	Alternating	L 3	Downstairs
<b>U</b>	Silent class is for experienced Hatha 3 students only. (3 months + Hatha 3 practice required.)				
<b>N</b>	New students to the studio are required to have prior approval to attend Silent Class.				

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Note: L1 = Level 1 Beginner. HOT = Heated room 99 degrees.