



JUNE-AUG 2022 SCHEDULE

StudioSatya.com

● Gentle Movement/Practice

● All Levels Practice

● Active Practice

● In-Person and Online

★ In-Person Only

○ Online Only

All Class Lengths noted below as 30, 45, 60, or 75 minutes

Online schedule is always updated to reflect class changes or substitute teachers

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30a	Yoga Stability & Strength ⁶⁰ ● Courtney		Vinyasa ⁶⁰ ● Amelia				
7:00a		Sunrise Flow ³⁰ ○ Jeana		Sunrise Flow ³⁰ ○ Jeana			
7:30a	Mindful Morning Practice ³⁰ ○ Mary		Mindful Morning Practice ³⁰ ○ Siara		Mindful Morning Practice ³⁰ ○ Lisa		
8:15a							Mantra & Meditation ³⁰ ● Divya
9:00a	Vinyasa ⁶⁰ ● Mary	Hatha Flow ⁶⁰ ○ LK	Stability Flow ⁶⁰ ● Kelly B	Hatha Flow ⁶⁰ ● Karlie	Vinyasa ⁶⁰ ● Kelly B	Vinyasa ⁷⁵ ● Mary	Hatha ⁶⁰ ● Mary
		Baby & Me ⁶⁰ ★ Hollie					
10:30a		Hatha ⁷⁵ ● Katie	Hatha ⁶⁰ ● Karlie		Crawlers & Toddlers ⁶⁰ ★ Hollie	Slow Flow ⁶⁰ ● Ellis	Vinyasa ⁷⁵ ● Mary
		Flight Club ⁶⁰ ○ Tara					
12:00p	Vinyasa ⁶⁰ ● Mary	Functional Movement ⁶⁰ ● Katie	Yoga Nidra for Integration & Inquiry ⁶⁰ ○ Lisa	Vinyasa ⁶⁰ ● Kelly	Yoga Nidra for Integration & Inquiry ⁶⁰ ○ Shelia	Gentle Hatha ⁷⁵ ● Mary	
			Vinyasa ⁶⁰ ● Mary		Slow Flow ⁶⁰ ● Susan		
					Kids Yoga ⁶⁰ ★ Hollie		
1:00p		Yoga for Teens ⁶⁰ ★ Hollie		Slow Flow & Restore ⁴⁵ ○ Karlie			
1:30p							Slow Flow ⁶⁰ ● Susan
							Kids Yoga ⁶⁰ ★ Hollie
3:00p							Yoga for Stress Management ⁷⁵ ● Susan
							Yoga for Tweens ⁷⁵ ★ Hollie
4:30p	Flow & Meditation ⁶⁰ ● Kelly B	Focused Flow (Hatha Flow) ⁶⁰ ● Emily	Flow & Roll ⁶⁰ ● Jeana		Gentle Hatha ⁶⁰ ● Hollie		
	Kids Yoga ⁶⁰ ★ Hollie		Kids Yoga ⁶⁰ ★ Hollie				
6:00p	Yin Reset ⁶⁰ ● Hollie	Hatha ⁷⁵ ● Karlie	Candlelight Flow ⁶⁰ ● Mary	Yin Flow ⁶⁰ ● Jessica S	Vinyasa ⁷⁵ ● Miranda		
7:00p				Meditation & Discussion ⁶⁰ ○ Katie			
8:00p	Yoga Nidra for Sleep and Restoration ⁶⁰ ○ Mandy						