

○ Gentle Movement/Practice |
 ● All Levels Practice |
 ● Active Practice |
 ● In-Person and Online |
 ★ In-Person Only |
 ○ Online Only

# FALL SCHEDULE

SEPTEMBER-DECEMBER

All Class Lengths noted below as 30, 45, 60, or 75 minutes | StudioSatya.com is always updated to reflect class changes or substitute teachers

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