

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

SPRING SCHEDULE

JANUARY - MAY 2023

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 ⁶⁰ Courtney ○		Vinyasa ⁶⁰ Amelia ○				
7:00a		Sunrise Flow ³⁰ Amelia ○		Sunrise Flow ³⁰ Lisa ○			
7:30a	Mindful Morning Practice ³⁰ Mary ○		Mindful Morning Breathwork ³⁰ Lisa ○		Mindful Morning Practice ³⁰ Lisa ○		
9:00a	Vinyasa ⁶⁰ Mary ♥	Hatha Flow ⁶⁰ LK ○	Playful Core Flow ⁶⁰ Kelly B ♥	Hatha Flow ⁶⁰ Karlie ♥	Vinyasa ⁶⁰ Kelly B ♥	Vinyasa ⁷⁵ Mary ♥	Hatha ⁷⁵ Amelia ♥
		Baby & Me ⁷⁵ Hollie ★					Baby & Me ⁷⁵ Shirley ★
10:30a		Hatha ⁷⁵ Katie ♥	Hatha ⁶⁰ Karlie ♥		Crawlers & Toddlers ⁶⁰ Hollie ★	Slow Flow ⁶⁰ Courtney ♥	Vinyasa ⁷⁵ Karlie ♥
							Crawlers & Toddlers ⁷⁵ Hollie ★
12:00p	Vinyasa ⁶⁰ Mary ♥	Slow Flow ⁶⁰ Karlie ♥	Vinyasa ⁶⁰ Mary ♥	Vinyasa ⁶⁰ Karlie ♥	Slow Flow ⁶⁰ Brynn ♥	Gentle Hatha ⁷⁵ Mary ♥	Mantra & Meditation ³⁰ Divya ♥
					Yoga Nidra for Integration & Inquiry ⁶⁰ Shelia ○		
1:15p		Yoga for Teens ⁷⁵ Hollie ★					
1:30p							Hatha Flow ⁶⁰ Brynn ♥
							Kids Yoga ⁶⁰ Hollie ★
3:00p							Yoga for Stress Management ⁷⁵ Lisa ♥
4:30p	Flow & Meditation ⁶⁰ Jessica S ♥	Breathwork Flow ⁶⁰ Siara ♥	Flow & Roll ⁶⁰ Mary ♥		Gentle Hatha ⁶⁰ Hollie ♥		
			Kids Yoga ⁶⁰ Hollie ★				
6:00p	Yin Reset ⁷⁵ Hollie ♥	Hatha ⁷⁵ Karlie ♥	Candlelight Flow ⁷⁵ Mary ♥	Yin Flow ⁶⁰ Jessica S ♥	Candlelight Flow ⁷⁵ Mary ♥		
			Prenatal ⁷⁵ Shirley ★				
7:00p				Community Meditation ⁶⁰ Katie ○			
8:00p	Yoga Nidra for Connection & Restoration ⁶⁰ Mandy ○						