

Winter / Spring Schedule

Heated 105 degrees
 Mildly Heated 85 degrees
 Non-Heated
 Non-Heated

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		Vinyasa:60	Power Core: 60	Power Vinyasa: 60	Hot Fusion: 60		
8:30 AM						Power Core: 60	Community Meditation <small>First Sunday of the Month</small>
9:30 AM			Hot Hatha: 75		Hot Hatha: 75		
9:45 AM	Power Vinyasa: 75	Power Vinyasa: 75		Power Vinyasa: 75	Slow Flow: 75	Yin/Yang: 75	Vinyasa: 75
10:00 AM						Hot Hatha: 75	Hot Hatha: 75
12:00 PM	Yoga Basics: 60	Level II Vinyasa: 60	Yin/Yang: 60	Power Core: 60	Power Vinyasa: 60		
4:30 PM	Hot Hatha: 90		Hot Hatha: 90			Vinyasa: 60	Yoga Basics: 60
5:30 PM		Hot Hatha: 90		Hot Hatha: 90			
5:45 PM	Power Vinyasa: 60	Slow Flow: 60		Yin: 75			Yin/Yoga Nidra: 60
6:15PM			Power Basics: 75				
7:30 PM	Vinyasa Method: 60	Vinyasa: 60		Vinyasa: 60			

Doors are open approximately 15 minutes before and after scheduled classes

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