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Fall 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4:00-5:00 pm Restorative (Non-Heated)</p> <p><i>*1 Sunday each month will be a Holy Yoga Restorative or Flow Class. Upcoming: 9/27, 10/25, 11/22, 12/6</i></p>	<p>8:30-9:30 am Barre (Non-Heated)</p> <p>5:30-6:30 pm Flow (Heated)</p>	<p>5:30-6:15 am Warrior Sculpt (Heated)</p> <p>12:00-12:45 pm Flow Express (Non-Heated)</p> <p>5:30-6:15 pm Flow Plus Express (Heated)</p> <p>6:30-7:30 Restorative (Non-Heated)</p>	<p>5:30-6:15 am Rise Up Flow (Heated)</p> <p>8:30-9:30 am Barre (Non-Heated)</p> <p><i>9/2 – 10/28</i> 4:00-5:00 pm Ashtanga Yoga Series (Heated)</p> <p><i>11/4 forward</i> 4:00-5:00 pm Flow (Heated)</p>	<p>5:30-6:15 am Warrior Sculpt (Heated)</p> <p>8:30-9:30 am Warrior Sculpt (Heated)</p> <p>12:00-12:45 pm Flow Express (Non-Heated)</p> <p>8:00-9:00 pm Yin Yoga (Warm room)</p>	<p>5:30-6:15 am Barre (Heated)</p> <p>8:30-9:30 am Barre (Non-Heated)</p>	<p>8:00-9:00 Awaken Your Weekend (Heated)</p> <p><i>Free-will donation community class. For the remainder of 2020, half of all donations will be passed on to a charity organization of Shay's choosing.</i></p>

Please view our schedule on the MindBody app  for up-to-date changes or cancellations