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## SPRING 2021 - APRIL & MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15 am Rise Up Flow (Heated)	5:30-6:15 am Warrior Sculpt (Heated)	5:30-6:15 am Get FITT w/ HIIT (Non-Heated)	5:30-6:15 am Warrior Sculpt (Heated)	5:30-6:15 am Barre (Heated)	7:30-8:30 Awaken Your Weekend Flow (Heated) <i>(Apr 3 &amp; 10 only for the spring schedule)</i>
	8:30-9:30 am Barre (Non-Heated)		8:30-9:30 am Warrior Sculpt/Barre Combo (Partial-Heated)	8:30-9:30 am Barre (Non-Heated)		9:00-10:00 am Get FITT w/ HIIT (Non-Heated)
		12:00-12:45 pm Flow Express (Non-Heated)		12:00-12:45 pm Slow Flow Express (Non-Heated)		
4:00-5:00 pm Restorative* (Non-Heated)			4:00-5:00 pm Flow (Heated)			
<i>*One Sunday per month will be a Holy Yoga Restorative or Holy Yoga Flow class</i>	5:30-6:30 pm Flow (Heated)	5:30-6:15 pm Flow (Heated)		5:30-6:30 pm Get FITT w/ HIIT (Non-Heated)		

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