



www.SelahStudio.life

@selahstudiolife on FB and Instagram

## SUMMER 2021 - JUNE & JULY



### Using MindBody

1. Find the MindBody app in your app store
2. Choose "Continue with Email"
3. Enter your email & create a password
4. Search for **Selah Studio**
5. Choose Selah to see the class schedule
6. From there will be able to purchase passes when you first book a class

*If you wish to purchase a monthly autopay option, please speak to an instructor, or call or email the studio as these cannot be purchased through the app.*

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 HIIT Barre (Non-Heated)	
	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)	6:30-7:15 am HIIT Barre (Non-Heated)	9:00-10:00 am Get FITT w/ HIIT (Non-Heated)
		10:00-11:00 am Gentle Yoga (Non-Heated)		10:00-11:00 am Gentle Yoga (Non-Heated)		
4:00-5:00 pm Restorative* (Non-Heated)		12:00-12:45 pm Flow Express (Non-Heated)	4:00-5:00 pm Flow (Heated)	12:00-12:45 pm Slow Flow Express (Non-Heated)		
<i>*One Sunday per month will be a Holy Yoga Restorative or Holy Yoga Flow class</i>	5:15-6:15 Total Body Strength		5:15-6:00 pm Cardio & Core		5:15-6:15 pm MetKon RX	
	5:30-6:30 pm Flow (Heated)	5:30-6:15 pm Flow (Heated)	5:15-6:15 pm Kid's Yoga (Jun 16-Jul 28)			

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