



www.SelahStudio.life

@selahstudiolife on FB and Instagram

SEPTEMBER



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 Cardio & Core (Non-Heated)	8:00-9:00 am <i>Random Selah Pop-ups</i>
	8:30-9:30 am Barre (Non-Heated)	8:30-9:00 am Core (Non-Heated)	8:30-9:30 am Get FITT w/ HIIT (Non-Heated)		8:30-9:30 am Barre (Non-Heated)	9:00-10:00 am Get FITT w/ HIIT (Non-Heated)
		9:30-10:30 am Gentle Yoga (Non-Heated)		9:30-10:30 am Gentle Yoga (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>	5:15-6:00 pm Total Body Strength	5:15-6:00 pm Cardio & Core	5:15-6:15 pm MetKon RX	5:15-6:15 pm Flow (Heated)		
	5:15-6:15 pm Flow (Heated)	6:15-7:00 pm Gentle Yoga (Non-Heated)				

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