



www.SelahStudio.life

@selahstudiolife on FB and Instagram

NOVEMBER & DECEMBER



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 <u>Nov Classes</u> Nov 5: HIIT Nov 12: Flow Nov 19: HIIT Nov 26: no class	8:00-9:00 am Awaken Your Weekend
	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)		<u>Dec Classes</u> Dec 3: Flow Dec 10: HIIT Dec 17: Flow Dec 24: no class	<u>Nov Classes</u> Nov 6: Flow Nov 13: HIIT Nov 20: Gentle Nov 27: Flow
4:00-5:00 pm Restorative* (Non-Heated)		9:15-10:15 am Gentle Yoga (Non-Heated)	4:00-5:00 pm Flow (Heated)	9:15-10:15 am Gentle Yoga (Non-Heated)	<u>Dec Classes</u> Dec 3: Flow Dec 10: HIIT Dec 17: Flow Dec 24: no class	<u>Dec Classes</u> Dec 4: HIIT Dec 11: Flow Dec 18: HIIT or Gentle
*Nov 21 Holy Yoga™ Restorative Class Freewill donation	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)	8:30-9:30 am Barre (Non-Heated) *Nov 26: FREE Thanksgiving Mash-up Class Dec 24: no class	
*Dec 19 Holy Yoga™ Slow Flow Class Freewill donation	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