



www.SelahStudio.life

@selahstudiolife on FB and Instagram

## DECEMBER & JANUARY



### 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>Dec Classes</u> Dec 3: Flow Dec 10: HIIT Dec 17: Flow Dec 24: no class	8:00-9:00 am Awaken Your Weekend
	8:30-9:30 am Barre (Non-Heated)		8:30-9:30 am Get FITT w/ HIIT (Non-Heated)	8:30-9:00 am Core (Non-Heated)	<u>Jan Classes</u> Jan 7: Barre Jan 14: Flow Jan 21: HIIT Jan 28: Flow	<u>Dec Classes</u> Dec 4: HIIT Dec 11: Flow Dec 18: Gentle Dec 25: no class
4:00-5:00 pm Restorative* (Non-Heated) No class Dec 26			4:00-5:00 pm Flow (Heated)	9:15-10:15 am Gentle Yoga (Non-Heated)	8:30-9:30 am Barre (Non-Heated) No class Dec 24	<u>Jan Classes</u> Jan 1: no class Jan 8: HIIT Jan 15: Flow Jan 22: Gentle Jan 29: Flow
	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 Gentle Yoga (Non-Heated)	<u>Dec 24:</u> 9:00-10:00 am <b>Christmas Eve Day Flow</b> with Melissa	
	5:15-6:15 pm Flow (Heated)	6:15-7:00 pm Gentle Yoga (Non-Heated)				

*\*Jan 23 will be a **Holy Yoga™ Restorative** class. Check MindBody or Facebook for details.*

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