



www.SelahStudio.life

@selahstudiolife on FB and Instagram

## APRIL & MAY



### 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 Get FITT w/ HIIT (Non-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 Rise Up Flow (Heated)	5:30-6:15 am <b>Apr 1: Barre</b> <b>Apr 8: Warrior Sculpt</b> <b>Apr 15: Barre</b> <b>Apr 22: Warrior Sculpt</b> <b>Apr 29: Barre</b>	8:00-9:00 am Awaken Your Weekend
	8:30-9:30 am Barre (Non-Heated)		8:30-9:00 am Arms & Abs (Non-Heated)	8:30-9:00 am Core (Non-Heated)	<b>May 6: no class</b> <b>May 13: Warrior Sculpt</b> <b>May 20: Barre</b> <b>May 27: Warrior Sculpt</b>	<b>Apr 2: Gentle</b> <b>Apr 9: Barre</b> <b>Apr 16: Flow</b> <b>Apr 23: Core/Glutes</b>
4:00-5:00 pm Restorative* (Non-Heated)			4:00-5:00 pm Flow (Heated)	9:15-10:15 am Gentle Yoga (Non-Heated)		<b>April 30: Gentle</b> <b>May 7: no class</b> <b>May 14: Barre</b> <b>May 21: Flow</b>
<b>April 24 and May 22 will be a Holy Yoga™ class. Check MindBody or Facebook for more details.</b>	5:15-6:00 pm Total Body Strength	5:15-6:00 pm Cardio & Core	5:15-6:15 pm MetKon RX	5:15-6:00 pm Gentle Yoga (Non-Heated)	8:30-9:30 am Barre (Non-Heated)	<b>May 28: Core/Glutes</b>
	5:15-6:15 pm Flow (Heated)	6:15-7:00 pm Gentle Yoga (Non-Heated)				**Barre (1hr), Gentle (1hr), Flow (1hr), Core/Glutes (45 min)

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