



www.SelahStudio.life

@selahstudiolife on FB and Instagram

NOTE ON HOLIDAYS:
 Please be aware that there may be adjustments to the schedule below during any holidays. Always check MindBody for any updates.

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 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 <i>*see below</i>	
		6:30-7:00 am Arms+ (Non-Heated)		6:30-7:00 am Core/Glutes (Non-Heated)		
	8:00-9:00 am Barre (Non-Heated)		8:00-8:45 am Arms+ (Non-Heated)	8:00-8:45 am Core/Glutes (Non-Heated)	8:00-9:00 am Barre (Non-Heated)	8:00-9:00 am Awaken Your Weekend
				9:00-10:00 am Gentle Yoga (Non-Heated)	5:30 am classes	<i>Jun 4: Arms+</i>
					<i>Jun 3: Barre</i>	<i>Jun 11: Flow</i>
					<i>Jun 10: Warrior Sculpt</i>	<i>Jun 18: Gentle</i>
					<i>Jun 17: Barre</i>	<i>Jun 25: Core/Glutes</i>
					<i>Jun 24: Warrior Sculpt</i>	<i>Jul 2: HIIT</i>
					<i>Jul 1: Barre</i>	<i>Jul 9: Flow</i>
					<i>Jul 8: Warrior Sculpt</i>	<i>Jul 16: Arms+</i>
					<i>Jul 15: Barre</i>	<i>Jul 23: Barre</i>
					<i>Jul 22: Warrior Sculpt</i>	<i>Jul 30: Gentle</i>
					<i>Jul 29: Barre</i>	
4:00-5:00 pm Restorative* (Non-Heated)			4:00-5:00 pm Flow (Heated)			
*June 26 and July 31 will be a Holy Yoga™ class. Check MindBody or Facebook for more details.	5:15-6:15 pm Flow (Heated)	5:15-6:15 pm Barre	5:15-6:00 pm Gentle Yoga	5:15-6:00 pm Slow Flow (Non-Heated)		
	5:15-6:00 pm Total Body Strength	5:15-6:00 pm Cardio & Core	5:15-6:15 pm MetKon RX			Barre (1hr), Gentle (1hr), Flow (1hr), Core/Glutes (45 min), Arms+ (45 min)

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