



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.

## 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
4:00-5:00 pm Restorative* (Non-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 Get FITT w/ HIIT (Non-Heated)	5:30-6:15 am Rise Up Flow (Heated)	5:30-6:15 am <i>*see below</i>	8:00-9:00 am Awaken Your Weekend <i>Sep 3: no class</i> <i>Sep 10: Barre/ Flow Fusion</i> <i>Sep 17: HIIT</i> <i>Sep 24: Flow</i>
<i>*Sep 25 will be a <b>Holy Yoga™</b> class. Check MindBody or Facebook for more details.</i>	8:30-9:30 am Barre (Non-Heated)		8:30-9:15 am Total Body Strength (Non-Heated)	8:30-9:15 am Core/Glutes (Non-Heated)	8:30-9:30 am Barre (Non-Heated)	Barre, Flow, Gentle Classes (1hr) HIIT, Core/Glutes, Arms+ Classes (45 min)
	5:30-6:30 pm Flow (Heated)	5:30-6:30 pm Barre/Flow Fusion (Non-Heated)	4:00-5:00 pm Flow (Heated)	9:30-10:30 am Gentle Yoga (Non-Heated)	<b>5:30 am classes</b> <i>Sep 2: Barre</i> <i>Sep 9: Warrior Sculpt</i> <i>Sep 16: Barre</i> <i>Sep 23: Warrior Sculpt</i> <i>Sep 31: Barre</i>	
	5:30-6:15 pm Total Body Strength	5:30-6:15 pm Cardio & Core		5:30-6:15 pm Slow Flow (Non-Heated)		
				5:30-6:30 pm Strength 4 Life		

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