



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.

OCTOBER



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
	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)	<i>Oct 1: Flow</i> <i>Oct 8: HIIT</i> <i>Oct 15: Core / Glutes</i>
				9:30-10:30 am Gentle Yoga (Non-Heated)	5:30 am classes <i>Oct 7: Warrior Sculpt</i> <i>Oct 14: Barre</i> <i>Oct 21: Warrior Sculpt</i> <i>Oct 28: Barre</i>	<i>Oct 22: Barre / Flow Fusion</i> <i>Oct 29: Core / Glutes</i>
			4:00-5:00 pm Flow (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)		5:30-6:15 pm Slow Flow (Non-Heated)		
	5:30-6:15 pm Total Body Strength	5:30-6:15 pm Cardio & Core		5:30-6:30 pm Strength 4 Life		

**Oct 30 will be a Holy Yoga™ class. Check MindBody or Facebook for more details.*

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