



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.

DECEMBER



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/Flow Fusion (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)	Dec 3: Barre Dec 10: Flow Dec 17:
			12:00-12:45 pm Flow Express (Non-Heated)	9:30-10:30 am Gentle Yoga (Non-Heated)	5:30 am classes Dec 2: Total Body Strength Dec 9: Barre Dec 16: Total Body Strength Dec 23: Barre Dec 30: Total Body Strength	Power Flow Dec 24: Christmas Eve Flow Dec 31: no class
<i>*Dec 4 will be a Holy Yoga™ Advent class. Check MindBody or Facebook for more details.</i>	5:30-6:30 pm Flow (Heated)	5:30-6:30 pm Power Flow	5:30-6:30 pm Barre/Flow Fusion (Non-Heated)	5:30-6:15 pm Slow Flow (Non-Heated)		
	6:45-7:30 pm Core/Glutes (Non-Heated)			New class! 6:30-7:15 pm Bro-ga! (Non-heated)		

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