



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.

FEBRUARY



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) | Feb 4: Flow |
| | | | | 9:30-10:30 am Gentle Yoga (Non-Heated) | *5:30 am classes | Feb 11: Barre |
| | | | | | Feb 3: Barre | Feb 18: Total Body Strength |
| | | | | | Feb 10: Total Body Strength | Feb 25: Core/Glutes |
| | 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) | Feb 17: Barre | |
| | 6:45-7:30 pm Core/Glutes (Non-Heated) | | | New class! 6:30-7:15 pm Bro-ga! (Non-heated) | Feb 24: Total Body Strength | |
| *Feb 26 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