



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.

## MARCH



### 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)  <b>NO CLASS on Mar 19</b>  <b>*Mar 26 will be a Holy Yoga™ class. Check MindBody or Facebook for more details.</b>	5:30-6:15 am Get FITT w/ HIIT (Non-Heated)  8:30-9:30 am Barre/Flow Fusion (Non-Heated)  5:30-6:30 pm Flow (Heated)  6:45-7:30 pm Core/Glutes (Non-Heated)	5:30-6:15 am Warrior Sculpt (Heated)          5:30-6:30 pm Power Flow	5:30-6:15 am Get FITT w/ HIIT (Non-Heated)          5:30-6:30 pm Barre/Flow Fusion (Non-Heated)	5:30-6:15 am Rise Up Flow (Heated)          9:30-10:30 am Gentle Yoga (Non-Heated)          <b>Men's Class!</b> 6:30-7:15 pm Bro-ga! (Non-heated)	5:30-6:15 am *see below          8:30-9:30 am Barre (Non-Heated)          <b>*5:30 am classes</b> <b>Mar 3: Barre</b> <b>Mar 10: Total Body Strength</b> <b>Mar 17: NO CLASS</b> <b>Mar 24: Total Body Strength</b>	8:00-9:00 am Awaken Your Weekend <b>Mar 4: Flow</b> <b>Mar 11: Flow</b> <b>Mar 18: Gentle</b> <b>Mar 25: Barre</b>

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