



SATYA YOGA FALL/WINTER SCHEDULE

Starting September 3rd to December 31st 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 to 8:15		POWER VINYASA FLOW with Tami					
8:30 to 9:45						POWER VINYASA FLOW with Jugjeet	
9:30 to 10:45	POWER VINYASA FLOW with Tami	HATHA with Mariko	POWER VINYASA FLOW with Mariko	HATHA with Tami	POWER VINYASA FLOW with Dal		
10:00 to 11:15						GENTLE HATHA with Jugjeet	HATHA with Jugjeet
11:30 to 12:30						KARMA YOGA Yoga for the community	
11:00 to 12:15	BEGINNERS YOGA WITH Jugjeet (workshop)		GENTLE HATHA with Kate	YIN with Mariko			
5:45 to 7:00	KUNDALINI FOR BEGINNERS with Jugjeet	HATHA with Jugjeet	POWER VINYASA FLOW with Anne	FLOW & RESTORE WITH Jugjeet			
7:15 to 8:30	GENTLE HATHA with Jugjeet	CANDLELIGHT YIN with Jugjeet	YOGA FOR RUNNERS with Jugjeet				

Classes are subject to changes. Please check on- line for updates: www.simplysatya.com.

CLOSED:

October 14th Thanksgiving
 November 11th Remembrance Day
 December 24th, 25th, 26th, and 31st
 January 1, 2020 – NEW YEAR DAY