



# SATYA YOGA REGULAR SCHEDULE

Starting January 2nd to March 31st 2020

| TIME           | MONDAY                               | TUESDAY                      | WEDNESDAY                              | THURSDAY                               | FRIDAY                      | SATURDAY                          | SUNDAY             |
|----------------|--------------------------------------|------------------------------|--|--|-----------------------------|-----------------------------------|--------------------|
| 7:00 to 8:00   |                                      | 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 Kate           | 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 |                                      |                              | HATHA with Mariko                      | YIN with Mariko                        |                             |                                   |                    |
| 5:45 to 7:00   | KUNDALINI FOR BEGINNERS with Jugjeet | HATHA with Jugjeet           | POWER VINYASA FLOW with Anne           |  |                             |                                   |                    |
| 7:15 to 8:30   |                                      | CANDLELIGHT YIN With Jugjeet | YOGA FOR RUNNERS/CYCLISTS with Jugjeet | BEGGINERS YOGA (workshop) with Jugjeet |                             |                                   |                    |

Classes are subject to changes. Please check on- line for updates: [www.simplysatya.com](http://www.simplysatya.com).