



## SATYA YOGA REGULAR SCHEDULE

Starting January 2<sup>nd</sup> to March 31<sup>st</sup> 2020

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			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				
7:15 to 8:30		CANDLELIGHT YIN with Jugjeet	YOGA FOR RUNNERS/CYCLISTS with Jugjeet	BEGINNERS YOGA WITH Jugjeet (workshop)			

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