



SATYA YOGA REGULAR SCHEDULE

January 20th 2022 to March 31st, 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 to 8:30 am							
8:30 to 9:45						POWER VINYASA with Jugjeet	
9:30 to 10:45		HATHA with Anna	HATHA with jugjeet				
10:00 to 11:15							GENTLE HATHA with Patricia
10:15 to 11:30						HATHA with Jugjeet	
12:00 - 12:45			PRIVEATE LESSON		PRIVATE LESSON		
5:45 to 7:00pm		HATHA with Jugjeet		HATHA with Jugjeet			
7:15 to 8:30 pm	GENTLE HATHA with Eileen						
7:30 to 8:30 pm		Candle Light Yin with Jugjeet		Restorative with Jugjeet			

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