



SATYA YOGA REGULAR SCHEDULE

January 6th 2025 – March 31st 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 to 8:30 am							YOGA TEACHER TRAINING &
8:30 to 9:45 am						POWER VINYASA Hatha (level 3)	
9:30 to 10:45 am		HATHA (Level 2)		YIN 2 YANG			GENTLE HATHA (Level 1)
10:00 to 11:15 am							
10:15 to 11:30am						HATHA (Level 2)	PERSONAL DEVELOPMENT
11:00 to 12:00 pm		PRIVATE LESSON	PRIVATE LESSON			YOGA TEACHER TRAINING & PERSONAL DEVELOPMENT	
5:45 - 7:00pm		HATHA (Level 2)	YOGA TEACHER TRAINING & PERSONAL DEVELOPMENT	HATHA (Level 2)	YOGA TEACHER TRAINING & PERSONAL DEVELOPMENT		
7:15pm to 8:30pm	GENTLE HATHA (Level 1)			GENTLE HATHA (Level 1)			
7:30pm to 8:30 pm							

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