

# SATTVA YOGA



## CENTER

### Schedule of Classes

<u>Monday</u>  9:30 am      Level 1 11:15 am *    Level 1  5:45 pm      Level 1+ 7:15 pm      Level 1	<u>Tuesday</u>  9:30 am      Level 1 11:15 am *    Level 1  5:45 pm      Level 1+ 7:15 pm      Level 1
<u>Wednesday</u>  7:45 am      Level 1 9:30 am      Level 2 11:15 am *    Level 1  5:45 pm      Level 1 7:15 pm      Level 1	<u>Thursday</u>  9:30 am      Level 1 11:15 am *    Level 1  5:45 pm      Level 1+ 7:15 pm      Level 1
<u>Friday</u>  7:45 am      Level 1 9:30 am      Level 2 11:15 am *    Level 1  5:45 pm      Level 1+ 7:15 pm      Level 1	<u>Saturday</u>  9:00 am      Level 1
<u>Sunday</u>  9:00 am      Level 1 10:30 am     Level 1  2:00 pm      Level 1+ 3:30 pm      Restorative	

\* These classes are 1 hour long. All other classes are 1 hr and 15 minutes long.  
Effective Date: 6/18/11