



# DIMITRA YOGA

## Class Schedule

### FALL 2023 / WINTER 2024

Effective Monday, October 2

|           |                                 |                                 |                                |   |
|-----------|---------------------------------|---------------------------------|--------------------------------|---|
| MONDAY    | 9:30am<br>Vinyasa 2             | 11:00am<br>Hatha 1              | 5:30pm<br>Hatha 2              | 7:00pm<br>Vinyasa 1   |
| TUESDAY   | 9:30am<br>Vinyasa 1             | 11:00am<br>Hatha 1              | 5:30pm<br>Yoga +<br>Meditation |   |
| WEDNESDAY | 9:30am<br>Vinyasa 2             | 11:00am<br>Hatha 1              | 5:30pm<br>Vinyasa 2            | 7:00pm<br>Hatha 1   |
| THURSDAY  | 9:30am<br>Vinyasa 1             | 11:00am<br>Yoga +<br>Meditation | 5:30pm<br>Yin                  | 7:00pm<br>Monthly<br>Specialty Series<br>(see online<br>schedule) |
| FRIDAY    | 9:30am<br>Vinyasa 2             | 11:00am<br>Yin                  |                                |   |
| SATURDAY  | 9:30am<br>Vinyasa 2<br>(75 min) | 11:00am<br>Hatha 1              |                                |   |
| SUNDAY    | 9:30am<br>Hatha 2<br>(75 min)   | 11:00am<br>Yin                  |                                |   |

**TO SCHEDULE A CLASS, VISIT [DIMITRAYOGA.COM](https://dimitrayoga.com)**

- All studio classes offered In Person + Online (via Zoom).
- All classes are 60 minutes, except where noted (Sat + Sun 9:30am).

*We also offer...*

PRIVATE YOGA LESSONS | YOGA WORKSHOPS  
YOGA TEACHER TRAINING | YOGA ADVENTURES  
MASSAGE + ENERGYWORK

*Please refer to our online schedule for the most up-to-date  
class times. Schedule is subject to change.*

**Want more info? Find it at [dimitrayoga.com](https://dimitrayoga.com)**

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