



DIMITRA YOGA

Class Schedule

SUMMER 2024

> 8am Sat + Sun Beach classes start Saturday, May 25

> 8am Weekday Beach classes start Monday, June 17

MONDAY	8:00am Lewes Bch 8:00am Rehoboth Bch	9:30am Vinyasa 2	11:00am Hatha 1	5:30pm Hatha 2	7:00pm Vinyasa 1
TUESDAY	8:00am Lewes Bch	9:30am Vinyasa 1	11:00am Hatha 1	5:30pm Yoga + Meditation	
WEDNESDAY		9:30am Vinyasa 2	11:00am Hatha 1	5:30pm Vinyasa 2	7:00pm Hatha 1
THURSDAY	8:00am Lewes Bch 8:00am Rehoboth Bch	9:30am Vinyasa 1	11:00am Yoga + Meditation		7:00pm Hot Hatha/ Book Club (once/month, see online schedule)
FRIDAY		9:30am Vinyasa 2	11:00am Yin		
SATURDAY	8:00am Lewes Bch 8:00am Rehoboth Bch	9:30am Vinyasa 2 (75 min)	11:00am Hatha 1		
SUNDAY	8:00am Lewes Canal Fr Pk* 8:00am Rehoboth Bch	9:30am Hatha 2 (75 min)	11:00am Yin		

TO SCHEDULE A CLASS, VISIT DIMITRAYOGA.COM

- All studio classes offered In Person + Online (via Zoom).
- All classes are 60 minutes, except Sat. & Sun. 9:30am + Hot Hatha/Book Club.
- Any of our class memberships may be used for beach classes (please pre-register), EXCEPT for classes at Lewes Canal Front Park* (donations given to community).

Please refer to our online schedule for the most up-to-date class times, especially for beach yoga. Schedule is subject to change.

Want more info? Find it at dimitrayoga.com