



## Class Schedule

### FALL 2024/WINTER 2025

Effective Monday, September 30

<b>MONDAY</b>	9:30am Vinyasa 2	11:00am Hatha 1	5:30pm Hatha 2	7:00pm Vinyasa 1	
<b>TUESDAY</b>	8:00am Yogalates	9:30am Vinyasa 1	11:00am Hatha 1	5:30pm Yoga + Meditation	
<b>WEDNESDAY</b>	9:30am Vinyasa 2	11:00am Hatha 1	5:30pm Vinyasa 2	7:00pm Hatha 1	
<b>THURSDAY</b>	8:00am Yogalates	9:30am Vinyasa 1	11:00am Yoga + Meditation	5:30pm Yin	7:00pm Mo. Specialty Series (75 min) See online sched.
<b>FRIDAY</b>	9:30am Vinyasa 2	11:00am Yin			
<b>SATURDAY</b>	9:30am Vinyasa 2 (75 min)	11:00am Hatha 1			
<b>SUNDAY</b>	9:30am Hatha 2 (75 min)	11:00am Yin			

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