



## Class Schedule

### SUMMER 2025

> 8am Beach classes start Saturday, May 24

<b>MONDAY</b>	8:00am Lewes Bch	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		
<b>WEDNESDAY</b>		9:30am Vinyasa 2	11:00am Hatha 1	5:30pm Vinyasa 2	7:00pm Hatha 1
<b>THURSDAY</b>	8:00am Rehoboth Bch Yogalates	9:30am Vinyasa 1	11:00am Yoga + Meditation		7:00pm Hatha 26+2 Restore+Sound Book Club Strength+Flow (75min) (See online schedule)
<b>FRIDAY</b>	8:00am Lewes Bch	9:30am Vinyasa 2	11:00am Yin / Yin + Sound		
<b>SATURDAY</b>	8:00am Lewes Bch 8:00am Rehoboth Bch	9:30am Vinyasa 2 (75 min)	11:00am Hatha 1		
<b>SUNDAY</b>	8:00am Lewes Canal Fr Pk*	9:30am Hatha + Yin (75 min)			

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

- All studio classes offered In Person + Online via Zoom (except for sound & select specialty classes).
- All classes 60 minutes, except where noted (Sat & Sun 9:30a & Thurs 7:00p).
- Any of our class memberships may be used for 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](http://dimitrayoga.com)**