



DIMITRA YOGA

Class Schedule

FALL 2025 | WINTER 2026

Effective Monday, October 6 | *Starting in November

MONDAY	7:00am Hero Sculpt*	9:30am Hot Vinyasa	11:00am Hatha	5:30pm Hot Hatha	7:00pm Vinyasa
TUESDAY	8:00am Yogalates	9:30am Vinyasa	11:00am Hatha	5:00pm Community Meditation	5:30pm Restore
WEDNESDAY	8:00am Silent Waves™ Yin (1x/mo.)	9:30am Hot Vinyasa	11:00am Hatha	5:30pm Hot Vinyasa	7:00pm Hatha
THURSDAY	8:00am Yogalates	9:30am Vinyasa	11:00am Yoga + Meditation		7:00pm Specialty Series (Rotational)
FRIDAY		9:30am Hot Vinyasa	11:00am Yin / Yin + Sound (Rotational)	6:00pm Breathwork + Journaling (1x/mo.)	
SATURDAY	8:00am Yogalates*	9:30am Hot Vinyasa	11:00am Hatha		
SUNDAY		9:30am Hatha + Yin			

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

All studio classes offered In Person + Online via Zoom
(except for sound & select specialty classes).

Please refer to our online schedule for the most up-to-date
class times, lengths and details. Schedule is subject to change.

We also offer...

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

Want more info? Find it at dimitrayoga.com