



Class Schedule

SUMMER 2025

Effective Monday, May 4

Outdoor Yoga: Sat & Sun starting 5/23
Weekday starting 6/8 | weather permitting

MONDAY	7:00am Hero Sculpt	8:00am Lewes Bch	9:30am Hot Vinyasa	11:00am Hatha	5:30pm Hot Hatha	7:00pm Vinyasa
TUESDAY		8:00am Yogalates	9:30am Vinyasa	11:00am Hatha	5:30pm Rhythm	
WEDNESDAY		8:00am Lewes HS	9:30am Hot Vinyasa		5:30pm Hot Vinyasa	7:00pm Hatha
THURSDAY		8:00am Rehoboth Bch Yogalates	9:30am Vinyasa		5:30pm Restore (75 min)	7:00pm Hatha 26+2 / Book Club (75min) <small>(See online schedule)</small>
FRIDAY		8:00am Lewes Bch	9:30am Hot Vinyasa	11:00am Yin / Yin + Sound		
SATURDAY		8:00am Lewes Bch 8:00am Rehoboth Bch	9:30am Hot Vinyasa (75 min)	11:00am Hatha		
SUNDAY		8:00am Lewes C Fr Pk Silent Waves - Lewes Bch	9:30am Reset (75 min)			

TO SCHEDULE A CLASS, VISIT 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 5:30 & 7:00p).
- Class memberships & passes may be used for beach classes EXCEPT for Lewes Canal Front Park & Lewes Historical Society which are donation based classes.

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