

Stepping Stone Studios

316 Washington Street, Wellesley Steppingstonewellesley.com/studios

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

8am 60 min Pilates Mat +	8am 60 min Vinyasa Yoga	8am 60 min Pilates Mat +	8am 60 min Core Strength & Deep Stretch Yoga	8am 60 min Pilates Mat	8:30am 60 min Tai Chi / Qi Gong	
	9:30am 60 min Vinyasa Yoga		9:30am 60 min Level 2+ Yoga	9:30am 60 min Somatic Yoga Flow	8:30am 90 min All Levels Yoga	9am 60 min Tai Chi / Qi Gong
9:30am 60 min All Levels Yoga	10:00am 60 min Strictly Strength	9:30am 60 min Vinyasa Yoga	10am 60 min Strictly Strength	9:30am 60 min Nia BeSoul		10am 60 min Vinyasa Yoga
11am 60 min Yoga Stretch	11am 60 min Power Up Chair Yoga	11am 60 min Contemporary Modern Dance	10:30am 60 min Power Up Chair Yoga		10:30am 90 min Adult Classical Ballet	
		12pm 60 min Yoga Stretch	11am 60 min Yoga Fundamentals			11:30am 60 min Voice Colors Yoga- Teen & Adult
12:30pm 90 min Ballet Floor Barre Conditioning		12:30pm 60 min Chair Tai Chi/Qi Gong	12:30pm 90 min Ballet Floor Barre Conditioning		2pm Check calendar for special workshops and events!	1pm 60 min Voice Colors Yoga- Teen & Tweens
5:30pm 60 min All Levels Yoga	5:30pm 60 min Cardio Barre		12:30pm 60 min Vinyasa Yoga			4:30pm 90 min Rotating Class- Yoga & More! Check calendar for details
7pm 60 min Somatic Reset / Yoga Nidra for Better Sleep	5:30pm 60 min Qi Gong/Tai Chi	5:30pm 60 min All Levels Yoga	5:30pm 60 min Cardio Barre			
7pm 60 min Pre & Postnatal Yoga				7pm Voice Colors Yoga Friday Fun (last Friday of the month)		



updated July 2026

Pre registration for all classes suggested We are a cashless studio