

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 Kripalu 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	8am 60 min Nia BeSoul on Zoom (starts Oct 21)	9:30am 60 min Level 2+ Yoga	9:30am 60 min Somatic Yoga Flow	8:30am 90 min Intermediate+ Yoga	9am 60 min Tai Chi / Qi Gong
9:30am 60 min All Levels Yoga	10am 60 min Strictly Strength	9:30am 60 min All Levels Yoga	10am 60 min Strictly Strength	9:30am 60 min Nia BeSoul	10am 60 min All Levels Yoga	10am 60 min Voice Colors Yoga- Teen & Twins
	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 & Barre	10am 60 min Nia BeSoul
12:30pm 90 min Ballet Floor Barre Conditioning			11am 60 min Yoga Fundamentals			10:30am 60 min Kripalu Vinyasa Yoga
5:30pm 60 min All Levels Yoga		5pm 60 min Restorative Yoga	12:30pm 90 min Ballet Floor Barre Conditioning		2pm Check calendar for special workshops and events!	11am 60 min Voice Colors Yoga- Teen & Adults
7pm 60 min Somatic Reset / Yoga Nidra for Better Sleep	5:30pm 60 min Tai Chi / Qi Gong	5:30pm 60 min All Levels Yoga		3pm 60 min Core Strength & Deep Stretch Yoga		4:30pm 90 min Rotating Class- Yoga & More! Check calendar for details
7pm 60 min Pre & Postnatal Yoga	6pm 60 min Chakra Hatha Yoga	6:30pm 60 min Yoga For Men- Intermediate		7pm Voice Colors Yoga Friday Fun (last Friday of the month)		

Pre registration for all classes suggested Many classes available live on Zoom!

We are a cashless studio

updated October 2026