

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 +	9:30am 60 min Level 2+ Yoga	8am 60 min Pilates Mat	8:30am 90 min Tai Chi / Qi Gong	
9:30am 60 min Full-On Functional Conditioning	9:30am 60 min Vinyasa Yoga		10am 60 min Strictly Strength	9:30am 60 min Somatic Yoga Flow	8:30am 90 min Yoga Intermediate+	9am 60 min Tai Chi / Qi Gong
9:30am 60 min Vinyasa Yoga	10:00am 60 min Strictly Strength	9:30am 60 min Vinyasa Yoga	10:30am 60 min Power Up Chair Yoga	9:30am 60 min Nia BeSoul	10:30am 60 min All Levels Yoga	10am 60 min Vinyasa Yoga
11am 60 min Yoga Stretch	11:30am 60 min Power Up Chair Yoga	11am 60 min Contemporary Modern Dance	11am 60 min Yoga Fundamentals		10:30am 90 min Adult Classical Ballet	
		12pm 60 min Yoga Stretch	12:30pm 60 min Vinyasa Yoga			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	12pm 60 min Core Strength & Deep Stretch Yoga		1pm 60 min Voice Colors Yoga- Teen & Tweens
	4pm 60 min Teen Yoga (6 week sessions)				2pm Check calendar for special workshops and events!	
5:30pm 60 min Yoga	5:30pm 60 min Cardio Barre		5:30pm 60 min Cardio Barre			4:30pm 90 min Rotating Class- Yoga & More! Check calendar for details
	5:30pm 60 min Qi Gong/Tai Chi					
7pm 60 min Somatic Reset / Yoga Nidra for Better Sleep		6pm 60 min Yoga for Athletes		6pm 90-min Yoga + Sound Bath Workshop (Monthly)		
7pm 60 min Pre & Postnatal Yoga						updated May 2026

Pre registration for all classes suggested We are a cashless studio