

# Stepping Stone Studios

316 Washington Street, Wellesley [steppingstonewellesley.com/studios](http://steppingstonewellesley.com/studios)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

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



updated June 2026

Pre registration for all classes suggested We are a cashless studio