



THE LAB WEEKLY SCHEDULE

THE LAB

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THE LAB IS CLOSED

12:00 PM
45 min Mat Class with Kate Elliott

12:00 PM
Yoga Power Flow with Jill Martin

5:00 PM
Yoga Power Flow with Brenden Togioka

12:00 PM
45 min Mat Class with Kate Elliot

7:00 AM
Beginner/Intermediate Mat Class with Kate Elliott

12:00 PM
Yoga Power Flow with Jill Martin

5:00 PM
Yin Yoga with Melanie Johnson

DAILY HOURS AT THE LAB

Monday	8am-4pm **
Tuesday	8am-6pm
Wednesday	8am-4pm **
Thursday	8am-6pm
Friday	8am-4pm **
Saturday	9am-2pm
Sunday	CLOSED

*** Services available by appointment from 4-6 pm (with 24 hr notice).*