

THE LAB WEEKLY SCHEDULE



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12: 00 PM
45 min Core
Strengthening
with Kate Elliott

12: 00 PM
Yoga Power Flow
with Jill Martin

12: 00 PM
45 min Core
Strengthening
with Kate Elliott

12: 00 PM
Yoga Power Flow
with Jill Martin

5: 00 PM
Yin Yoga with
Melanie Johnson

5: 00 PM
Yin Yoga with
Melanie Johnson

DAILY HOURS

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

** Services by appt. from
4pm-6pm (24-hr notice)