

# THE LAB WEEKLY SCHEDULE



**S**

**M**

**T**

**W**

**Th**

**F**

**Sa**

**12:00 PM**  
45min Core  
Strengthening  
Kate Elliott

**12:00 PM**  
Yoga Flow 1/2  
Jill Martin

**12:00 PM**  
45min Core  
Strengthening  
Kate Elliott

**12:00 PM**  
Yoga Flow 1/2  
Jill Martin

**9:00 AM**  
Yoga Flow  
Madeleine Foster

Starting  
September 28th!

**12:00 PM**  
Yoga Flow 2/3  
Jill Martin

**9:00 AM**  
FOAM Assisted  
stretching  
Tom Fitsimons

Starting  
October 6th!

**5:00 PM**  
Yin Yoga  
Melanie Johnson

**5:00 PM**  
Yin Yoga  
Melanie Johnson

## DAILY HOURS

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