

THE LAB WEEKLY SCHEDULE



S	M	T	W	Th	F	Sa
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DAILY HOURS

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

9:00 AM
 60 min
**FOAM Assisted
 Stretching**
 All Levels
 Tom FitzSimons

12:00 PM
 45 min
**Core Strengthening
 Mat Class**
 All Levels
 Kate Elliot

12:00 PM
 60 min
**Challenging
 Yoga Flow**
 Level 1/2
 Jill Martin

12:00 PM
 45 min
**Core Strengthening
 Mat Class**
 All Levels
 Kate Elliot

12:00 PM
 60 min
**Challenging
 Yoga Flow**
 Level 1/2
 Jill Martin

12:00 PM
 60 min
**Challenging
 Yoga Flow**
 Level 2/3
 Jill Martin

5:30 PM
 60 min
Yin Yoga
 All Levels
 Melanie Johnson

5:30 PM
 60 min
**Challenging
 Yoga Flow**
 All Levels
 Madeleine Foster

5:30 PM
 60 min
**Challenging
 Yoga Flow**
 All Levels
 Melanie Johnson

5:30 PM
 60 min
**Challenging
 Yoga Flow**
 All Levels
 Jill Martin