



The Lab Weekly Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<p>12:00 PM 45 min Core Strengthening All Levels Mat Class with Kate Elliott</p>	<p>12:00 PM 60 min Strong Yoga Flow All Levels with Jill Martin</p> <p>5:00 PM Prehab for Runners and Athletes with Kate Elliott</p>	<p>12:00 PM 45 min Core Strengthening All Levels Mat Class with Kate Elliott</p>	<p>12:00 PM 60 min Strong Yoga Flow All Levels with Jill Martin</p> <p>5:00 PM 60 min Strong Yoga Flow All Levels with Kylie Wagner</p>	<p>12:00 PM 60 min Strong Yoga Flow All Levels with Jill Martin</p>	<p>9:00 AM 60 min FOAM Assisted Stretching All Levels with Tom FitzSimons</p>

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