



The Lab Weekly Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<p>12:00 PM Core Strengthening Mat Class <i>Katrina Miller</i> (45 min)</p> <p>5:15 PM Physical Therapy - Inspired Yoga <i>Hattie Bluestone</i> (60 min)</p>	<p>12:00 PM Strong Yoga Flow <i>Jill Martin</i> (60 min)</p> <p>5:30 PM Strength & Conditioning <i>Jeff Rosenthal</i> (60 min)</p>	<p>12:00 PM Core Strengthening Mat Class <i>Katrina Miller</i> (45 min)</p> <p>5:15 PM Strong Yoga Flow <i>Kylie Wagner</i> (60 min)</p>	<p>12:00 PM Strong Yoga Flow <i>Jill Martin</i> (60 min)</p> <p>5:30 PM Strength & Conditioning <i>Jeff Rosenthal</i> (60 min)</p>	<p>9:00 AM Core Strength and Mobility <i>Jill Martin</i> (60 min)</p> <p>12:00 PM Meditation & Yoga for Stress Resilience & Pain Management <i>Hattie Bluestone</i> (60 min)</p>	<p>9:00 AM FOAM Assisted Stretching <i>Tom FitzSimons</i> (60 min)</p>

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