

Santosha Class Schedule



SIGN UP FOR CLASS VIA THE MINDBODY APP!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAI CHI 7:30AM - 8:30AM JAMIE	SUNRISE YOGA 6:00AM - 7:00AM CHRIS		SUNRISE YOGA 6:00AM - 7:00AM CHRIS		
VINYASA 9:00AM - 10:00AM CHRIS	VINYASA 9:00AM - 10:00AM JESSICA	VINYASA 9:00AM - 10:00AM CHRIS	VINYASA 9:00AM - 10:00AM JESSICA	VINYASA 9:00AM - 10:00AM BETSY	HATHA FLOW 9:00AM - 10:00AM
YIN YANG RESTORATIVE 11:00AM - 12:00PM RACHELLE	YOGA FOR BONE HEALTH 11:00AM - 12:00PM KATY	HATHA 11:00AM - 12:00PM CHRIS	YOGA FOR BONE HEALTH 11:00AM - 12:00PM KATY		VINYASA 11:00AM - 12:00PM
	VINYASA 12:30PM - 1:30PM DAHUI			YIN 12:30PM - 1:30AM DAHUI	
	RESTORATIVE 3:30PM - 4:30PM CHRIS		HATHA 3:30PM - 4:30PM CHRIS		
VINYASA 5:30PM - 6:30PM KARI		RESTORATIVE 5:30PM - 6:30PM KARI			

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