

Santosha Class Schedule



SIGN UP FOR CLASS VIA THE MINDBODY APP

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

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