

Santosha Class Schedule



SIGN UP FOR CLASS VIA THE MINDBODY APP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	VINYASA 1 9:00AM - 10:00AM JESSICA		VINYASA 1 9:00AM - 10:00AM JESSICA			
VINYASA 1 9:30AM - 10:30AM CHRIS		VINYASA 2 9:30AM - 10:30AM CHRIS		VINYASA 2 9:30AM - 10:30AM BETSY	VINYASA 1 9:30AM - 10:30AM MARGOT	VINYASA 2 10:00AM - 11:00AM DAHUI
RESTORATIVE 11:00AM - 12:00PM PHERN	YOGA FOR BONE HEALTH 11:00AM - 12:00PM KATY	HATHA 2 11:00AM - 12:00PM CHRIS	YOGA FOR BONE HEALTH 11:00AM - 12:00PM KATY		HATHA 1 11:00AM - 12:00PM AMELIA	
	YIN 12:30PM - 1:30PM DAHUI			YIN 12:30PM - 1:30PM DAHUI	YIN 12:30AM - 1:30PM AMELIA	
VINYASA 2 5:30PM - 6:30PM KARI	VINYASA 1 5:30PM - 6:30PM ANNA	RESTORATIVE 5:30PM - 6:30PM KARI	HATHA 1 3:30PM - 4:30PM CHRIS	VINYASA 1 5:30PM - 6:30PM DAHUI		
	RESTORATIVE 7:00PM - 8:00PM ANNA			RESTORATIVE 7:00PM - 8:00PM CHRIS		

LEARN MORE AT [SANTOSHAYOGABETHANY.COM](https://www.santoshayogabethany.com)