



The Chateau
Spa & Wellness Resort

La Santé

Yoga-Fitness/Activity Yoga Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
0800-0830	Complimentary Yoga Class	Complimentary Yoga Class	C L O S E D	Complimentary Yoga Class	Complimentary Yoga Class	Complimentary Yoga Class	Complimentary Yoga Class
0900-1000				Gentle Yoga		Hatha Yoga	
1100-1200	Vinyasa Flow	Power Flow		Vinyasa Flow		Power Flow	
1500-1530		Kids Yoga		Kids Yoga		Kids Yoga	
1630-1700	Complimentary Yoga Class	Complimentary Yoga Class		Complimentary Yoga Class	Complimentary Yoga Class	Complimentary Yoga Class	Complimentary Yoga Class
1800-1900	Gentle Yoga	Hatha Yoga		Hatha Yoga	Hatha Yoga	Gentle Yoga	Gentle Yoga