



REJUVENATE & RENEW

YOU

SATURDAY:

Meditation on the Skydeck at 8:30am-9:30am
Yoga on the Skydeck from 10:00am-11:00am

SUNDAY:

Courtyard Core and Wellness from 9:00am-9:30am
Courtyard Core and Wellness from 9:30am-10:00am

MONDAY:

Yoga on the Skydeck from 10:00am-11:00am

JOIN US AT ZINC@SHADE AFTER CLASS!

zinc@shade
CRAFT KITCHEN | MODERN LOUNGE

1221 N VALLEY DRIVE | MANHATTAN BEACH, CA | 310.546.4995 | SHADEHOTEL.COM

