

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HAPPY LABOR DAY!</p> <p>We are closed for the long weekend and reopen Tuesday September 5th.</p>	<p>PLEASE NOTE: VO = virtual only IS - in-studio only B - bobcaygeon</p> <p>All other classes are hybrid.</p>	<p>Gentle Hatha 5. 9:30-10:30 am</p> <p>Yoga for Beginners 5:30-6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>	<p>6.</p> <p>Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>7.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Hot Vinyasa Flow 7-8:15 pm</p>	<p>8.</p> <p>LET US KNOW...</p>	<p>9</p> <p>Gentle Vinyasa Flow 8:30-9:30 am</p>
<p>10.</p> <p>Hot Vinyasa Flow 10-11:15 am</p>	<p>11.</p> <p>Restorative Yoga + Thai Massage (IS) 6:30 - 7:45 pm</p> <p>Yin Yoga + Nidra (B) 8 - 9:15 pm</p>	<p>12.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga 4:30 - 5:25 pm</p> <p>Yoga Beginners 5:30-6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>	<p>13.</p> <p>Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>14.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Hot Vinyasa Flow 7-8:15 pm</p>	<p>15.</p> <p>WHAT CLASS STYLES and TIMES...</p>	<p>16.</p> <p>Gentle Vinyasa Flow 8:30-9:30 am</p>
<p>17.</p> <p>Hot Vinyasa Flow 10-11:15 am</p>	<p>18</p> <p>Restorative Yoga + Thai Massage (IS) 6:30 - 7:45 pm</p> <p>Yin Yoga + Nidra (B) 8 - 9:15 pm</p>	<p>12.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga 4:30 - 5:25 pm</p> <p>Yoga Beginners 5:30-6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>	<p>20.</p> <p>Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>21.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Hot Vinyasa Flow 7-8:15 pm</p>	<p>22.</p> <p>YOU WANT TO SEE ON OUR FRIDAY SCHEDULE !!</p>	<p>23.</p> <p>Gentle Vinyasa Flow 8:30-9:30 am</p>
<p>24.</p> <p>Hot Vinyasa Flow 10-11:15 am</p>	<p>25.</p> <p>Restorative Yoga + Thai Massage (IS) 6:30 - 7:45 pm</p> <p>Yin Yoga + Nidra (B) 8 - 9:15 pm</p>	<p>26.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga 4:30 - 5:25 pm</p> <p>Yoga Beginners 5:30-6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>	<p>27.</p> <p>Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>28.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Hot Vinyasa Flow 7-8:15 pm</p>	<p>29.</p> <p>EMAIL YOUR REQUESTS TO: info@yloft.ca</p>	<p>30.</p> <p>Gentle Vinyasa Flow 8:30-9:30 am</p>

