

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>THE YOGA LOFT</p> <p>APRIL 2024</p> <p>IS = in-studio only</p>	<p>1. EASTER MONDAY NO CLASSES</p>	<p>2. Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga (IS) 5 - 5:50 pm</p> <p>Core + Restore 6 - 7 pm</p> <p>Warm Vinyasa Flow 7:30 - 8:30 pm</p>	<p>3. Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>4. Somatics Yoga 11:30 am - 12:30 pm</p> <p>Hot Power Flow 7-8:15 pm</p>	<p>5. Restorative Yoga (IS) 7 - 8:15 pm</p>	<p>6. Gentle Vinyasa Flow 8:30-9:30 am</p>
<p>7. Hot Vinyasa Flow 10 - 11:15 am</p> <p>You + Me Yoga (IS) 11:30 - 12:10</p>	<p>8. Prenatal Yoga (IS) 6:30 - 7:30 pm</p>	<p>9. Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga (IS) 5 - 5:50 pm</p> <p>Core + Restore 6 - 7 pm</p> <p>Warm Vinyasa Flow 7:30 - 8:30 pm</p>	<p>10. Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>11. Somatics Yoga 11:30 am - 12:30 pm</p> <p>Hot Power Flow 7-8:15 pm</p>	<p>12. Restorative Yoga (IS) 7 - 8:15 pm</p>	<p>13. Gentle Vinyasa Flow 8:30-9:30 am</p>
<p>14. Hot Vinyasa Flow 10 - 11:15 am</p> <p>You + Me Yoga (IS) 11:30 - 12:10</p>	<p>15. Prenatal Yoga (IS) 6:30 - 7:30 pm</p>	<p>16. Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga (IS) 5 - 5:50 pm</p> <p>Core + Restore 6 - 7 pm</p> <p>Warm Vinyasa Flow 7:30 - 8:30 pm</p>	<p>17. Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>18. Somatics Yoga 11:30 am - 12:30 pm</p> <p>KARMA CLASS (by donation) 7-8:15 pm</p>	<p>19. Restorative Yoga (IS) 7 - 8:15 pm</p>	<p>20. Gentle Vinyasa Flow 8:30-9:30 am</p>
<p>21. Hot Vinyasa Flow 10 - 11:15 am</p> <p>You + Me Yoga (IS) 11:30 - 12:10</p>	<p>22. Prenatal Yoga (IS) 6:30 - 7:30 pm</p>	<p>23. Gentle Hatha 9:30-10:30 am</p> <p>Core + Restore 6 - 7 pm</p> <p>Warm Vinyasa Flow 7:30 - 8:30 pm</p>	<p>24. Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>25. Somatics Yoga 11:30 am - 12:30 pm</p> <p>Hot Power Flow 7-8:15 pm</p>	<p>26. Restorative Yoga (IS) 7 - 8:15 pm</p>	<p>27. Gentle Vinyasa Flow 8:30-9:30 am</p>
<p>28. Hot Vinyasa Flow 10 - 11:15 am</p> <p>You + Me Yoga (IS) 11:30 - 12:10</p>	<p>29. Prenatal Yoga (IS) 6:30 - 7:30 pm</p>	<p>30. Gentle Hatha 9:30-10:30 am</p> <p>Core + Restore 6 - 7 pm</p> <p>Warm Vinyasa Flow 7:30 - 8:30 pm</p>				