

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>THE YOGA LOFT</b> <b>JULY 2024</b>  <b>IS = in-studio only</b>	<b>1.</b>  <b>HAPPY CANADA DAY</b> 🍁 🍁	<b>2.</b> <b>Gentle Hatha</b> 9:30-10:30 am  <b>Warm Vinyasa Flow</b> 7 - 8:15 pm	<b>3.</b>  <b>Yoga for Strength + Mobility</b> 6:30-7:30 pm	<b>4.</b>  <b>no A.M. class today</b>  <b>Hot Vinyasa Flow</b> 7-8:15 pm	<b>5.</b>  <b>Restorative Yoga (IS)</b> 7 - 8:15 pm	<b>6.</b>  <b>Restow (Gentle Flow + Restorative)</b> 8:30-9:30 am
<b>7.</b> <b>Hot Vinyasa Flow</b> 10 - 11:15 am  <b>Hot Pilates</b> 11:30-12:30	<b>8.</b>	<b>9.</b> <b>Gentle Hatha</b> 9:30-10:30 am  <b>Warm Vinyasa Flow</b> 7 - 8:15 pm	<b>10.</b>  <b>Yoga for Strength + Mobility</b> 6:30-7:30 pm	<b>11.</b> <b>Somatic Yoga</b> 9:30 - 10:30 am  <b>Hot Vinyasa Flow</b> 7-8:15 pm	<b>12.</b>  <b>Restorative Yoga (IS)</b> 7 - 8:15 pm	<b>13.</b>  <b>Restow (Gentle Flow + Restorative)</b> 8:30-9:30 am
<b>14.</b> <b>Hot Vinyasa Flow</b> 10 - 11:15 am  <b>Hot Pilates</b> 11:30-12:30	<b>15.</b>	<b>16.</b> <b>Gentle Hatha</b> 9:30-10:30 am  <b>Warm Vinyasa Flow</b> 7 - 8:15 pm	<b>17.</b>  <b>Yoga for Strength + Mobility</b> 6:30-7:30 pm	<b>18.</b> <b>Somatic Yoga</b> 9:30 - 10:30 am  <b>KARMA CLASS</b> (by donation) 7-8:15 pm	<b>19.</b>  <b>Restorative Yoga (IS)</b> 7 - 8:15 pm	<b>20.</b>  <b>Restow (Gentle Flow + Restorative)</b> 8:30-9:30 am
<b>21.</b> <b>Hot Vinyasa Flow</b> 10 - 11:15 am  <b>Hot Pilates</b> 11:30-12:30	<b>22.</b>	<b>23.</b> <b>Gentle Hatha</b> 9:30-10:30 am  <b>Warm Vinyasa Flow</b> 7 - 8:15 pm	<b>24.</b>  <b>Yoga for Strength + Mobility</b> 6:30-7:30 pm	<b>25.</b>  <b>no A.M. class today</b>  <b>Hot Vinyasa Flow</b> 7-8:15 pm	<b>26.</b>  <b>Restorative Yoga (IS)</b> 7 - 8:15 pm	<b>27.</b>  <b>Restow (Gentle Flow + Restorative)</b> 8:30-9:30 am
<b>28.</b> <b>Hot Vinyasa Flow</b> 10 - 11:15 am  <b>Hot Pilates</b> 11:30-12:30	<b>29.</b> <b>Balanced Body Mini Retreat</b> with Restorative Yoga + Thai Massage + Nidra + Sound Bathing  7 - 9 pm	<b>30.</b> <b>Gentle Hatha</b> 9:30-10:30 am  <b>Warm Vinyasa Flow</b> 7 - 8:15 pm	<b>31.</b>  <b>Yoga for Strength + Mobility</b> 6:30-7:30 pm		<b>Also in July...</b>  <b>KIDS YOGA TEACHER TRAINING</b> FRI JULY 12th - SUN JULY 15th	Visit <a href="http://www.yloft.ca">www.yloft.ca</a> for full schedule  or email <a href="mailto:info@yloft.ca">info@yloft.ca</a> for inquires