

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE YOGA LOFT Nov '24		V = virtual only IS = in-studio only All other classes are HYBRID	** Note Friday's Restorative time change beginning Nov 8th **		1. Restorative Yoga (IS) 7 - 8:15 pm	2. Restow (Gntl Flow + Restorative) 8:30-9:30 am
Hot Vinyasa Flow 10 - 11:15 am 3.	4. Restorative Yoga & Thai Massage 6-7:15 pm	5. Gentle Hatha 9:30-10:30 am Hot Vinyasa Flow 7 - 8:15 pm	6. Kids Yoga (IS) 5:15-5:45 pm Yoga for Strength + Mobility 6:30-7:30 pm	7. Somatic Yoga 9:30 - 10:30 am Hot Vinyasa Flow 7-8:15 pm	8. Restorative Yoga (IS) 6:30 - 7:45 pm	9. Restow (Gntl Flow + Restorative) 8:30-9:30 am RYT 200 Yoga Teacher Training 10-5
Hot Vinyasa Flow 10 - 11:15 am RYT 200 Yoga Teacher Training 10-5 10.	11. Restorative Yoga & Thai Massage 6-7:15 pm	12. Gentle Hatha 9:30-10:30 am Hot Vinyasa Flow 7 - 8:15 pm	13. Kids Yoga (IS) 5:15-5:45 pm Yoga for Strength + Mobility 6:30-7:30 pm	14. Somatic Yoga 9:30 - 10:30 am Hot Vinyasa Flow 7-8:15 pm	15. Restorative Yoga (IS) 6:30 - 7:45 pm	16. Restow (Gntl Flow + Restorative) 8:30-9:30 am
Hot Vinyasa Flow 10 - 11:15 am 17.	18.	19. Gentle Hatha 9:30-10:30 am Hot Vinyasa Flow 7 - 8:15 pm	20. Kids Yoga (IS) 5:15-5:45 pm Yoga for Strength + Mobility 6:30-7:30 pm	21. no a.m. class KARMA CLASS 7-8:15 pm	22. Restorative Yoga (IS) 6:30 - 7:45 pm	23. Restow (Gntl Flow + Restorative) 8:30-9:30 am RYT 200 Yoga Teacher Training 10-5
Hot Vinyasa Flow 10 - 11:15 am RYT 200 Yoga Teacher Training 10-5 24.	25. Restorative Yoga & Thai Massage (IS) 6 - 7:15 pm	26. Gentle Hatha 9:30-10:30 am Hot Vinyasa Flow 7 - 8:15 pm	27. Kids Yoga (IS) 5:15-5:45 pm Yoga for Strength + Mobility 6:30-7:30 pm	28. no a.m. class Hot Vinyasa Flow 7-8:15 pm	29. Restorative Yoga (IS) 6:30 - 7:45 pm	30. Restow (Gntl Flow + Restorative) 8:30-9:30 am