

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE YOGA LOFT Dec '24	<i>V = virtual only</i> <i>IS = in-studio only</i> <i>All other classes are HYBRID</i>		GIVE THE GIFT OF YOGA THIS HOLIDAY SEASON GIFT CERTIFICATES ARE AVAILABLE IN ANY DENOMINATION		<i>We are on a reduced schedule for December!</i> <i>If you have any requests re: class styles, days/times for our 2025 schedule,, please let us know!</i>	
1.	2.	3.	4.	5.	6.	7.
	Restorative Yoga & Thai Massage 6-7:15 pm	Gentle Hatha 9:30-10:30 am Hot Vinyasa Flow 7 - 8:15 pm	Yoga for Strength + Mobility 6:30-7:30 pm	Somatic Yoga 9:30 - 10:30 am Hot Vinyasa Flow 7-8:15 pm	Restorative Yoga (IS) 6:30 - 7:45 pm	Restow (Gntl Flow + Restorative) 8:30-9:30 am
8.	9.	10.	11.	12.	13.	14.
		Gentle Hatha 9:30-10:30 am Hot Vinyasa Flow 7 - 8:15 pm	Kids Yoga (IS) 5:15-5:45 pm Yoga for Strength + Mobility 6:30-7:30 pm	Somatic Yoga 9:30 - 10:30 am Hot Vinyasa Flow 7-8:15 pm	Restorative Yoga (IS) 6:30 - 7:45 pm	Restow (Gntl Flow + Restorative) 8:30-9:30 am
15.	16.	17.	18.	19.	20.	21.
MINI RETREAT ↓↓↓ Balanced Body Restorative Yoga & Thai Massage and Yoga Nidra & Sacred Sound Bath 1 - 3 pm		Gentle Hatha 9:30-10:30 am Hot Vinyasa Flow 7 - 8:15 pm	Yoga for Strength + Mobility 6:30-7:30 pm	no a.m. class KARMA CLASS 7-8:15 pm	Restorative Yoga (IS) 6:30 - 7:45 pm	Restow (Gntl Flow + Restorative) 8:30-9:30 am
22.	23.	24.	25.	26.	27.	28.
Hot Vinyasa Flow 10 - 11:15 am		CHRISTMAS EVE CLOSED	MERRY CHRISTMAS CLOSED	BOXING DAY CLOSED		Restow (Gntl Flow + Restorative) 8:30-9:30 am
29.	30.	31.				
Hot Vinyasa Flow 10 - 11:15 am		NEW YEARS EVE CLOSED			Restorative Yoga (IS) 6:30 - 7:45 pm	

SAVE THE DATE: JAN 4th for our 13th Annual Open House - Free Classes, Prizes & more!