

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE YOGA LOFT JAN 2025	<i>V = virtual only</i> <i>IS = in-studio only</i> <i>All other classes are HYBRID</i>		HAPPY NEW YEAR!!	Somatic Yoga 9:30 - 10:30 am Donation Based Hot Vinyasa Flow 7-8:15 pm	Restorative Yoga (IS) 6:30 - 7:45 pm	13th Open House FREE CLASSES Restow 8:30-9:30 am Somatic Yoga 10 - 11 am Yoga Strength & Mobility 11:30 - 12:30 Kids Yoga 1 - 1:30 pm
Hot Vinyasa Flow 10 - 11:15 am	Yin Yoga 6:30 - 7:30 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 Donation Based Hot Vinyasa Flow 7-8:15 pm	Restorative Yoga (IS) 6:30 - 7:45 pm	Restow (Gntl Flow + Restorative) 8:30-9:30 am
Hot Vinyasa Flow 10 - 11:15 am RESTORATIVE REIKI & LIVE MUSIC 6:30 - 8:30 pm	Yin Yoga 6:30 - 7:30 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 Karma (by Donation) Hot Vinyasa Flow 7-8:15 pm	Restorative Yoga (IS) 6:30 - 7:45 pm	Restow (Gntl Flow + Restorative) 8:30-9:30 am
Hot Vinyasa Flow 10 - 11:15 am	Yin Yoga 6:30 - 7:30 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 Donation Based Hot Vinyasa Flow 7-8:15 pm	Restorative Yoga (IS) 6:30 - 7:45 pm	Restow (Gntl Flow + Restorative) 8:30-9:30 am
Hot Vinyasa Flow 10 - 11:15 am	.	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 Donation Based Hot Vinyasa Flow 7-8:15 pm	Restorative Yoga (IS) 6:30 - 7:45 pm	Don't see what you are looking for? Let us know the class style, days, and times you would like to see on our schedule!