

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>THE YOGA LOFT</p> <p>FEB '25</p> <p>IS = in-studio only</p>	<p>JOIN US FOR OUR ANNUAL 30 DAY YOGA CHALLENGE</p> <p>FEB 1st - MAR 2nd!</p>		<p>MORE CLASSES IN FEB INCLUDING →</p>	<p>HOT POWER FLOW & PROPS & CONDITIONING</p>	<p>PRENATAL YOGA ...and YOU & ME YOGA!</p>	<p>1.</p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p>
<p>2.</p> <p>Hot Vinyasa Flow 10 - 11:15 am</p> <p>Candlelit Yin 7 - 8 pm</p>	<p>3.</p> <p>Restorative Yoga + Thai Massage (IS) 6 - 7:15 pm</p>	<p>4.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Props & Conditioning 5:30 - 6:30 pm</p> <p>Hot Power Flow 7 - 8:15 pm</p>	<p>5.</p> <p>Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>6.</p> <p>Warm Vinyasa Flow 9:30 - 10:30 am</p> <p>Warm Somatic Yoga 5:30 - 6:30 pm</p> <p>DONATION BASED Hot Vinyasa Flow 7-8:15 pm</p>	<p>7.</p> <p>Restorative Yoga (IS) 6:30 - 7:45 pm</p>	<p>8.</p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p> <p>KIDS YOGA YTT 10 am - 6 pm</p>
<p>9.</p> <p>No a.m. class</p> <p>KIDS YOGA YTT 9 am - 6 pm</p> <p>DONATION BASED FAMILY YOGA CLASS 4 - 4:45 pm</p> <p>Candlelit Yin 7 - 8 pm</p>	<p>10.</p> <p>Restorative Yoga + Thai Massage (IS) 6 - 7:15 pm</p>	<p>11.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Props & Conditioning 5:30 - 6:30 pm</p> <p>Hot Power Flow 7 - 8:15 pm</p>	<p>12.</p> <p>You & Me Yoga (IS) 5:15-6 pm</p> <p>Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>13.</p> <p>Warm Vinyasa Flow 9:30 - 10:30 am</p> <p>Warm Somatic Yoga 5:30 - 6:30 pm</p> <p>DONATION BASED Hot Vinyasa Flow 7-8:15 pm</p>	<p>14.</p> <p>Restorative Yoga (IS) 6:30 - 7:45 pm</p>	<p>15.</p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p> <p>SOMATIC YOGA MASTER CLASS 1 - 4 pm</p>
<p>16.</p> <p>Hot Vinyasa Flow 10 - 11:15 am</p> <p>Candlelit Yin 7 - 8 pm</p>	<p>17.</p> <p>HAPPY FAMILY DAY!!</p> <p>CLOSED</p>	<p>18.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Props & Conditioning 5:30 - 6:30 pm</p> <p>Hot Power Flow 7 - 8:15 pm</p>	<p>19.</p> <p>You & Me Yoga (IS) 5:15-6 pm</p> <p>Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>20.</p> <p>Warm Vinyasa Flow 9:30 - 10:30 am</p> <p>Warm Somatic Yoga 5:30 - 6:30 pm</p> <p>COMMUNITY KARMA Hot Vinyasa Flow (IS) 7-8:15 pm</p>	<p>21.</p> <p>Restorative Yoga (IS) 6:30 - 7:45 pm</p>	<p>22.</p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p>
<p>23.</p> <p>Hot Vinyasa Flow 10 - 11:15 am</p> <p>Prenatal Yoga (IS) 11:30-12:30</p> <p>Candlelit Yin 7 - 8 pm</p>	<p>24.</p> <p>Restorative Yoga + Thai Massage (IS) 6 - 7:15 pm</p>	<p>25.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Props & Conditioning 5:30 - 6:30 pm</p> <p>Hot Power Flow 7 - 8:15 pm</p>	<p>26.</p> <p>You & Me Yoga (IS) 5:15-6 pm</p> <p>Yoga for Strength + Mobility 6:30-7:30 pm</p>	<p>27.</p> <p>Warm Vinyasa Flow 9:30 - 10:30 am</p> <p>Warm Somatic Yoga 5:30 - 6:30 pm</p> <p>DONATION BASED Hot Vinyasa Flow 7-8:15 pm</p>	<p>28.</p> <p>Restorative Yoga (IS) 6:30 - 7:45 pm</p>	

