

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>THE YOGA LOFT</b> <b>MAR '25</b></p>	IS = in-studio only					<p><b>1.</b></p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p>
<p><b>2.</b></p> <p>Hot Vinyasa Flow 10 - 11:15 am</p> <p>Candlelit Yin 7 - 8 pm</p>	<p><b>3.</b></p> <p>Restorative Yoga + Thai Massage (IS) 6 - 7:15 pm</p>	<p><b>4.</b></p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Props &amp; Conditioning 5:30 - 6:30 pm</p> <p>Hot Power Flow 7 - 8:15 pm</p>	<p><b>5.</b></p> <p>Core + Mobility 6:30-7:30 pm</p>	<p><b>6.</b></p> <p>Warm HathaYASA 9:30 - 10:30 am</p> <p>Warm Somatic Yoga 5:30 - 6:30 pm</p> <p><b>DONATION BASED</b> Hot Vinyasa Flow 7-8:15 pm</p>	<p><b>7.</b></p> <p>Restorative Yoga 6:30 - 7:45 pm</p>	<p><b>8.</b></p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p>
<p><b>9.</b></p> <p>Hot Vinyasa Flow 10 - 11:15 am</p> <p><b>BALANCED BODY</b> 1 - 3 pm</p> <p><b>SOMATIC YOGA MASTER CLASS</b> 3:30 - 6:30 pm</p> <p>Candlelit Yin 7 - 8 pm</p>	<p><b>10.</b></p>	<p><b>11.</b></p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Props &amp; Conditioning 5:30 - 6:30 pm</p> <p>Hot Power Flow 7 - 8:15 pm</p>	<p><b>12.</b></p> <p>Core + Mobility 6:30-7:30 pm</p>	<p><b>13.</b></p> <p>Warm HathaYASA 1:30 - 2:30 pm</p> <p>Warm Somatic Yoga 5:30 - 6:30 pm</p> <p><b>DONATION BASED</b> Hot Vinyasa Flow 7-8:15 pm</p>	<p><b>14.</b></p> <p>Restorative Yoga 6:30 - 7:45 pm</p>	<p><b>15.</b></p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p>
<p><b>16.</b></p> <p>Hot Vinyasa Flow 10 - 11:15 am</p> <p>Candlelit Yin 7 - 8 pm</p>	<p><b>17.</b></p> <p>'Restorative Yoga + Thai Massage (IS) 6 - 7:15 pm</p>	<p><b>18.</b></p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Props &amp; Conditioning 5:30 - 6:30 pm</p> <p>Hot Power Flow 7 - 8:15 pm</p>	<p><b>19.</b></p> <p>Core + Mobility 6:30-7:30 pm</p>	<p><b>20.</b></p> <p>Warm HathaYASA 1:30 - 2:30 pm</p> <p>Warm Somatic Yoga 5:30 - 6:30 pm</p> <p><b>COMMUNITY KARMA</b> Hot Vinyasa Flow (IS) 7-8:15 pm</p>	<p><b>21.</b></p> <p>Restorative Yoga 6:30 - 7:45 pm</p>	<p><b>22.</b></p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p>
<p><b>23.</b></p> <p>Hot Vinyasa Flow 10 - 11:15 am</p> <p>Candlelit Yin 7 - 8 pm</p> <p>-----</p> <p>Hot Vinyasa Flow 10 - 11:15 am</p> <p>Candlelit Yin 7 - 8 pm</p>	<p><b>24.</b></p> <p>Restorative Yoga + Thai Massage (IS) 6 - 7:15 pm</p> <p>-----</p> <p><b>31.</b></p> <p>Restorative Yoga + Thai Massage (IS) 6 - 7:15 pm</p>	<p><b>25.</b></p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Props &amp; Conditioning 5:30 - 6:30 pm</p> <p>Hot Power Flow 7 - 8:15 pm</p>	<p><b>26.</b></p> <p>Core + Mobility 6:30-7:30 pm</p>	<p><b>27.</b></p> <p>Warm HathaYASA 1:30 - 2:30 pm</p> <p>Warm Somatic Yoga 5:30 - 6:30 pm</p> <p><b>DONATION BASED</b> Hot Vinyasa Flow 7-8:15 pm</p>	<p><b>28.</b></p> <p>Restorative Yoga 6:30 - 7:45 pm</p>	<p><b>29.</b></p> <p>Restow (Gentle Flow + Restorative) 8:30-9:30 am</p>