SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE YOGA LOFT June '25	*V = virtual only* *IS = in-studio only* *All other classes are HYBRID*					
1. **Hot Vinyasa Flow** 10 - 11:15 am	2. **NEW - Hot Pilates** 7:15 - 8:15 pm	3. **Gentle Hatha** 9:30-10:30 am **Hot Power Flow** 7 - 8:15 pm	4. **NEW TIME** **Yoga for Strength + Mobility** 7 - 8 pm	5. **Somatic Yoga** 9:30 - 10:30 am **NEW TIME** **DONATION BASED** **Hot Vinyasa Flow** 7:30 - 8:45 pm	6. **Restorative Yoga (IS)** 6:30 - 7:45 pm	7. **Restow** 8:30-9:30 am
8. **Hot Vinyasa Flow** 10 - 11:15 am	9. **NEW - Hot Pilates** 7:15 - 8:15 pm	10. **Gentle Hatha** 9:30-10:30 am **Hot Power Flow** 7 - 8:15 pm	11. **NEW TIME** **Yoga for Strength + Mobility** 7 - 8 pm	12. **Somatic Yoga** 9:30 - 10:30 am **NEW TIME** **DONATION BASED** **Hot Vinyasa Flow** 7:30 - 8:45 pm	13. **Restorative Yoga (IS)** 6:30 - 7:45 pm	14. **Restow** 8:30-9:30 am
15. **Hot Vinyasa Flow** 10 - 11:15 am	16. **NEW - Hot Pilates** 7:15 - 8:15 pm	17. **Gentle Hatha** 9:30-10:30 am **Hot Power Flow** 7 - 8:15 pm	18. **NEW TIME** **Yoga for Strength + Mobility** 7 - 8 pm	19. **Somatic Yoga** 9:30 - 10:30 am **NEW TIME** **COMMUNITY KARMA** **Hot Vinyasa Flow (IS)** 7:30 - 8:45 pm	20. **Restorative Yoga (IS)** 6:30 - 7:45 pm	21. **Restow** 8:30-9:30 am
22. **Hot Vinyasa Flow** 10 - 11:15 am 29, **Hot Vinyasa Flow** 10 - 11:15 am	23. **NEW - Hot Pilates** 7:15 - 8:15 pm 30. **CLOSED**	24. **Gentle Hatha** 9:30-10:30 am **Hot Power Flow** 7 - 8:15 pm	25. **NEW TIME** **Yoga for Strength + Mobility** 7 - 8 pm	26. **Somatic Yoga** 9:30 - 10:30 am **NEW TIME** **DONATION BASED** **Hot Vinyasa Flow** 7:30 - 8:45 pm	27. **Restorative Yoga (IS)** 6:30 - 7:45 pm	28. **Restow** 8:30-9:30 am

UNLIMITED SUMMER PASS IS AVAILABLE NOW, FOR A LIMITED TIME

July 2nd - August 31st only $108 + HST