

## Yoga Loft Holiday Schedule 🌟

### **Saturday, December 23**

9am/75min Holiday Foundations-Tania

11am/75 min Holiday Flow- Wayne

### **Sunday, December 24**

9am/75min Karma \$5 Holiday Flow-Tracy

### **Monday, December 25 by donation**

9am/75min Christmas Community Class-Marcia

### **Tuesday, December 26**

6:30/60min Holiday Flow- Johnathan

9am/75min Holiday Flow- Brenna

12pm/60min Holiday Gentle/Restore-Yvette

5:30pm/75min Holiday Yin- Yvette

### **Wednesday, December 27**

9am/75min Holiday Foundations- Tania

12pm/60min Holiday Flow- Lacey

5:30pm/75min Holiday Flow + Restore- Wayne

### **Thursday, December 28**

6:30/60min Holiday Flow- Johnathan 9am/75min Holiday Foundations- Nicole

12pm/60min Holiday Gentle/Restore-Yvette

5:30pm/75min Holiday Restorative- Nicole

### **Friday, December 29**

9am/75min Holiday Flow- Brenna

12pm/60min Holiday Yin-Caitlin

5:30pm/75min Holiday Flow- Wayne

### **Saturday, December 30**

9am/75min Holiday Foundations-Tania

11am/75 min Holiday Flow- Wayne

### **Sunday, December 31**

9am/75min Karma \$5 Holiday Flow-Tracy

### **Monday, January 1**

10am/90min New Years Intention Setting Class- Natalie

**Regular Class schedule resumes Jan. 2**