

Yoga Loft Holiday Schedule 🌟

Saturday, December 22

9am/75min Holiday Foundations- Tania
10:30am/75 min Holiday Flow- Wayne

Sunday, December 23

10am/75min Holiday Foundations- Paula

Monday, December 24

9am/75min Holiday Foundations + Flow- Nicole

Tuesday, December 25

by donation \$15+

9am/75min Christmas Community Class-Marcia

Wednesday, December 26

9am/75min Holiday Movement+ Meditation- Wayne
12pm/60min Holiday Flow- Lacey

Thursday, December 27

9am/75min Holiday Foundations-Nicole
5:30pm/60min Holiday Mindful Strength- Madison

Friday, December 28

9am/75min Holiday Flow- Brenna
12pm/60min Holiday Yin- Vivian

Saturday, December 29

10:30am/75 min Holiday Flow- Wayne

Sunday, December 30

10am/75min Holiday Foundations-Paula

Monday, December 31

9am/75min Holiday Foundations + Flow- Nicole

Tuesday, January 1

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

Wednesday January 2

9am/75min New Years Movement + Meditation- Wayne
12:10pm/45min New Years Flow- Lacey
5:30pm/60min New Years Flow - Tracy

Thursday, January 3

9am/75min New Years Foundations- Nicole
12:10pm/45min New Years Yin-Yvette
5:30pm/60min New Years Mindful Strength- Madison

Friday, January 4

9am/75min New Years Flow- Tracy
12:10pm/45min New Years Yin- Vivian

Regular Class schedule

resumes Saturday January 5

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