



THE LOFT **KAMO** - YOGA CLASS SCHEDULE

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30 AM Vinyasa Erika				8:00 AM Vinyasa Tim	
			12:10 PM Align Lani			
5:30 PM Vinyasa Katie	5:30 PM Power Tim	5:30 PM Vinyasa Tim	5:30 PM Align Dana			6:30 PM Yin Katie
6:45 PM Stretch Erika		6:45 PM Stretch Tim	6:45 PM Core Dana			





THE LOFT **CENTRAL** - YOGA CLASS SCHEDULE

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00 AM Power (heated) Mini	
12:10 PM Align Jo		12:10 PM Align Tim		12:10 PM Align Tim		
5:30 PM Power (heated) Tim	5:30 PM Vinyasa Ingrid	5:30 PM Vinyasa Alex	5:30 PM Power (heated) Tim			4:30 PM Stretch (warm) Tim
7:00 PM Yin (warm) Tim	6:45 PM Align Ingrid	6:45 PM Core (heated) Alex	7:00PM Stretch (warm) Alex			

