



THE LOFT **KAMO** - YOGA CLASS

SCHEDULE

EFFECTIVE OCT 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30 AM Vinyasa				8:00 AM Vinyasa	
			12:10 PM Align			
5:30 PM Vinyasa	5:30 PM Vinyasa	5:30 PM Embodied Vinyasa	5:30 PM Vinyasa			6:30 PM Yin (Warm)
6:45 PM Stretch	6:45 PM Mobility	6:45 PM Yin (Warm)				





THE LOFT **CENTRAL** - YOGA CLASS

SCHEDULE

EFFECTIVE OCT 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:30am 26&2 (Heated)		9:00 AM Power (Heated)	
12:10 PM Align		12:10 PM Align		12:10 PM Align		
5:30 PM Power (Heated)	5:30 PM 26&2 (Heated)	5:30 PM Vinyasa	5:30 PM Power (Heated)			4:30 PM Stretch (warm)
7:00 PM Yin (Warm)		6:45 PM Core (Heated)	7:00PM Stretch (Warm)			

