##### **The Yoga Loft.** [**www.yogaloftnorth.com**](http://www.yogaloftnorth.com)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **7:45**  **Spin Express** | **5:30**  **Spin** |  | **5:30**  **Spin** |  | **5:30**  **Spin’**  **Popup** | **6:15**  **Spin** |
| **830**  **Flow** | **7:00**  **YOGA (45MIN)** | **7:00**  **YOGA** | **7:00**  **YOGA** | **7:00**  **YOGA** | **7:00**  **YOGA( $5)**  **COMMUNITY** |  |
|  | **8:00**  **HULA HOOP** | **8:30**  **YOGA**  **$5 COMMUNITY** | ***CALL US***  ***978***  ***604-0051*** |  | **8:15**  **FITNESS FUSION** | **8:00**  **YOGA FLOW** |
|  | **4:00**  **FULL FIGURED WOMEN** | **10:00**  **BELLS, BALLS, BANDS FITNESS** |  |  | **Restorative Yoga**  **12:00** | **9:30**  **BASICS** |
| **4:30**  **YIN** | **5:30**  **FLOW FOR 45**  **6:30**  **Intermediate** | **5:30**  **YOGA BEGINNERS** | **5:00**  **YIN**  **6:30**  **INTERMEDIATE FLOW** | **5:30**  **BEGINNER**  **7:00**  **FULL FIGURED WOMEN** | **5:30**  **INTERMEDIATE** |  |
| **6:00**  **Pop Ups**  **Workshops**  **Check online** | **6:30**  **Spin express** | **6:30**  **Spin Express** |  | **6:30**  **Spin Express** | **\*Privates**  **\*Specialty Classes**  **\*Workshops**  **\*Trainings!**  **\*More** | **TEACHER TRAINING BEGINS IN FALL 2023** |